

body checking behavior tracking

<i>body checking behaviors</i>	M	T	W	TH	F	SA	SU
Frequent weighing							
Looking in mirror							
Pinching fat							
Wrapping hand around waist							
Wrapping hand around arms/wrists							
Wrapping hand around legs/thighs							
Asking others for assurance							
Measuring body parts							
Trying to feel your bones							
Comparing your body to others							
Other:							
Other:							
Other:							
Other:							

which behavior did you struggle with the most this week?

are there certain techniques that help prevent you from engaging in these behaviors?