

Appendix 3

Tracking your Success

In pen (I'd suggest), before reading this book, date the first column and ring the most applicable answer. Periodically, re-using the second column, (in pencil), date and compare the two columns.

(Yes = more than 70% of the time: No= less than 30% of the time: S = sometimes = between 30-70%).

Tick the answer that feels the most accurate:

	Date	Date
1. I constantly worry about my weight	Yes/No/S	Yes/No/S
2. I believe that diets work for me	Yes/No/S	Yes/No/S
3. The scale determines the quality of my day	Yes/No/S	Yes/No/S
4. I'm out of control around food	Yes/No/S	Yes/No/S
5. I eat when I am physically hungry	Yes/No/S	Yes/No/S
6. I stop when I have eaten sufficient	Yes/No/S	Yes/No/S
7. I really savor the flavor of food	Yes/No/S	Yes/No/S
8. All food is legal	Yes/No/S	Yes/No/S
9. I think more about food than about living	Yes/No/S	Yes/No/S
10. I think more about my body than about living	Yes/No/S	Yes/No/S
11. I'm ashamed of my eating habits	Yes/No/S	Yes/No/S
12. I feel comfortable living in my body	Yes/No/S	Yes/No/S
13. I say harsh thing about my body	Yes/No/S	Yes/No/S
14. I dislike myself	Yes/No/S	Yes/No/S
15. I lack self-confidence	Yes/No/S	Yes/No/S
16. I think I'm weak and lacking in willpower	Yes/No/S	Yes/No/S
17. Childhood teasing bothers me even now	Yes/No/S	Yes/No/S
18. I dislike sport & exercise	Yes/No/S	Yes/No/S
19. I do some exercise every week	Yes/No/S	Yes/No/S
20. I do things to increase my metabolism	Yes/No/S	Yes/No/S
21. I am enthusiastic about my life	Yes/No/S	Yes/No/S
22. My life has purpose and meaning	Yes/No/S	Yes/No/S
23. I nurture myself in non-food related ways	Yes/No/S	Yes/No/S
24. I 'reward' myself with food	Yes/No/S	Yes/No/S
25. I 'punish' myself with food	Yes/No/S	Yes/No/S
26. I understand why I overeat	Yes/No/S	Yes/No/S