BODY CHECKING THOUGHT LOG

Attempted to Resist	Body Checking Behavior (i.e. scale, mirror, pinching, comparing)	When did the Body Checking take place?	How was I feeling Before Body Checking?	How was I feeling <i>After</i> Body Checking?
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				S > 2
				SIDESIDE

The purpose of this activity is to raise awareness around when you body check, how and how often you body check, how it affects your mood, and the trends you see as body checking increases and decreases.

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