

EATING DISORDER CHECKLIST
HAVE YOU OBSERVED

Unrealistic view of body image
Unhealthy appearance-extreme weight change
Prefers to eat alone
Compulsive exercising
Menstrual cycle has stopped or becomes irregular
Depression
Tiredness and irritability
Distancing and isolation from friends and family
Low self esteem
High achiever, perfectionist
Goes to bathroom immediately after meals
Use of laxatives or diuretics to control weight
Unusually large or no appetite
Preoccupation with eating, dieting, and food
Significant weight gain or loss
Binge eating
Self induced vomiting to control weight
Obsessive calorie counting
Unusual mood swings