

Athletic Eating Test

1. Are you ashamed of your eating habits?

Yes No

2. Does the thought of becoming “fat” or out of shape terrify you?

Yes No

3. Are you preoccupied with a desire to be thinner?

Yes No

4. If you indulge in binge eating, do you feel mentally miserable afterward? (Binge eating means rapid eating of large amounts of food)

Yes No

5. Do you feel you are a failure if you break your diet even once?

Yes No

6. Do you avoid foods with sugar in them?

Yes No

7. Do you suffer from constipation?

Yes No

8. Do you become anxious before eating?

Yes No

9. Are you preoccupied with the thought of being fat?

Yes No

10. Do you eat moderately and sensibly in front of others and ‘make up’ by eating extra in private?

Yes No

11. Do you ever fast for a whole day even if there is a practice or a game?

Yes No

12. Does your pattern of eating severely disrupt your life?

Yes No

13. Have you ever consulted or thought of consulting someone in a professional capacity for advice on dieting/eating?

Yes No

14. Do you worry that you have no control over how much you eat?

Yes No

15. Are you on a strict diet to stay in shape for your season?

Yes No

Count the number of Yes answers circled	
0-5	Moderate to no risk
5-10	Cause for concern
10-15	Disordered eating

Athlete Eating Test © 2023 by Abreanna Lake is licensed under CC BY 4.0. To view a copy of this license, visit <http://creativecommons.org/licenses/by/4.0/>