## LiveWithNutrition.com

## **Modified SCOFF Assessment Tool\***

A self-assessment tool to help assess your relationship with food and body image

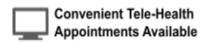
## Mark Each Question with Yes or No

- 1. Yes/No: Do you make yourself sick because you feel uncomfortably full?
- 2. Yes/No: Do you worry that you have lost control over how much you eat?
- 3. Yes/No: Have you recently lost or gained more than 14lb in a 3 month period?
- 4. **Yes/No:** Do you believe yourself to be overweight when others say you are too thin?
- 5. Yes/No: Would you say that food dominates your life?
- 6. Yes/No: Are you satisfied with your eating patterns?
- 7. Yes/No: Do you ever eat in secret?
- 8. Yes/No: Do you avoid activities you enjoy because you worry about what your body looks like?

If you marked "Yes" to any of the above items, you may benefit from working with a dietitian that specializes in nutrition planning and counseling.

## \*More About SCOFF:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1070794/



...Nutrition You Can LIVE With!

One-on-one Consultations



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