



Are your pecs perfect and torso trim, and yet you still strive for more – or less?

Or are you plump and cuddly, with dimples in all the right places?

Complete our fun quiz for guyz and girlz to find out the truth about you and how you feel about your bod.

**How well do you
shape up?**

Read the statements alongside, and tick each one that you agree with.

Tick as many as you like, or as few as you like, then check the score chart.

- 1 I'm completely happy with the way I look.
- 2 I don't worry about my shape too much.
- 3 *I really hate my body. I am too short/tall/fat/thin.*
- 4 The only parts of my body that I worry about are my hands/feet/fingers/knees/elbows.
- 5 I REALLY LIKE THE GOOD PARTS OF MY BODY AND DON'T WORRY ABOUT THE OTHER PARTS.
- 6 No matter how many diet and fitness guides I follow, nothing really works.
- 7 *Overall, I am satisfied with the body I've got.*
- 8 FASHIONABLE CLOTHES USUALLY LOOK GOOD ON ME.
- 9 Everything about my body usually makes me feel depressed.
- 10 I have to exercise regularly to keep in shape.
- 11 *I eat healthily most of the time, but I do treat myself to the occasional chocolate.*
- 12 My biggest fear is using communal changing rooms.
- 13 MY MATES DON'T SEEM TO UNDERSTAND THE PROBLEMS I HAVE WITH MY BODY.
- 14 *I think people are too obsessed with pictures of celebs. They shouldn't let media images get to them and should just be happy with the way they are.*
- 15 Even if I had the perfect body, I doubt I'd be completely happy.
- 16 I'm okay with my body, but I do still wish I looked more like a super athlete.

- 17 I'm really happy with my body and I don't care if I don't make the front cover of Sports Illustrated.
- 18 I LOVE IT WHEN MY MATES TELL ME I LOOK GOOD ALL THE TIME.
- 19 I'm pleased that my body looks good in fashionable clothing.
- 20 I eat healthily and exercise regularly.
- 21 I wish that I could completely change my body.
- 22 I AM VERY AWARE OF WHAT FOOD I PUT IN MY MOUTH AND HOW IT WILL AFFECT MY BODY.
- 23 I know that my body is basically okay.
- 24 The thought of trying on something body-hugging really terrifies me.
- 25 I'm really interested in health and fitness.
- 26 MY LIFE DOES NOT COLLAPSE IF I GAIN OR LOSE SOME WEIGHT.
- 27 I'm scared that nobody will find me attractive because my body is so horrible.
- 28 My body is fine for my age and height.
- 29 I never really get obsessed with my body.
- 30 I feel more comfortable when my body is hidden by baggy clothes.

MOSTLY As - In search of the perfect body

Your body is probably in great shape the way it is, but you would prefer to look like a super athlete. Don't stress out and don't get too obsessed with your search for perfection.

Forget about the stereotype perfect bod and don't compare yourself to those around you.

Carry on with your sport, relax a little and keep feeling good about yourself.

MOSTLY Bs - Body Buddy

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You like the way you look. Your body may not be perfect but you're happy.

You feel confident about your appearance and it probably shows. You might want to change some parts of your body, but not enough to try plastic surgery. Keep up this healthy attitude and keep on with your sensible eating and exercise routines.

MOSTLY Cs - Body Basher

It sounds as if you might have a problem with low self-esteem. If you really want to change the way you look, start small.

Do something like trying a new hairstyle. If you don't feel comfortable, try watching what you eat – skip the Chelsea buns and stick to fruit. Once you know you are doing something positive you'll start to feel a lot better about yourself.

BODY IMAGE BEING HEALTHY, CONFIDENT, AND YOURSELF IS MOST IMPORTANT.

Your body is unique, and that's something to be proud of. It's easy to compare yourself to others- especially on social media- but what you see online, seldom reflects real life.

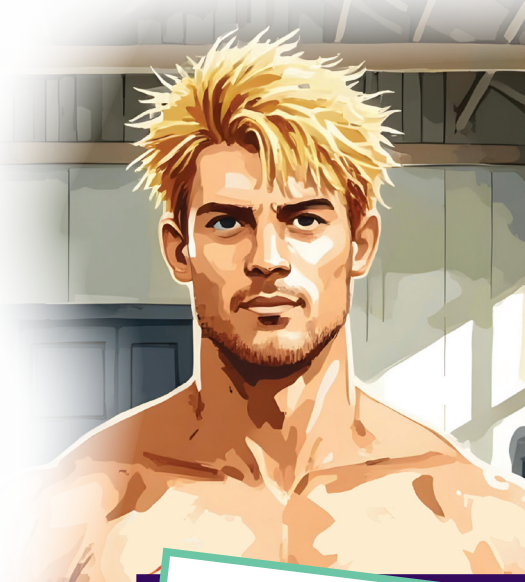
Embracing your body as it is, can boost your confidence, improve your mental health, and help you focus on what really matters: your talents, goals, and relationships.

Celebrate your strengths and treat yourself with kindness.

SCORING

Look at the numbers you have ticked. Are the numbers in the A, B or C column? Now total how many As, Bs or Cs you have:

A	B	C
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12
<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15
<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18
<input type="checkbox"/> 19	<input type="checkbox"/> 20	<input type="checkbox"/> 21
<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27
<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30



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