

# Nutrition Screening for Female Athletes

## Definitions:

Exercise = Physical activity  $\geq$  20 minutes.

Practice = Scheduled time allotted by coach to work as a team or individually in order to improve performance.

Training = Intense physical activity. The goal is to improve fitness level in order to perform optimally.

Name \_\_\_\_\_

Sport \_\_\_\_\_

## Please answer as completely as possible:

- I participate in additional physical activity  $\geq$  20 minutes in length on days that I have practice or competition.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
- If I cannot exercise, I find myself worrying that I will gain weight.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
- I believe that most female athletes have some form of disordered eating habits.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
- During training, I control my fat and calorie intake carefully.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
- I do not eat foods that have more than 3 grams of fat.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
- My performance would improve if I lost weight  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
- If I got on the scale tomorrow and gained 2 pounds, I would practice or exercise harder or longer than usual.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
- I weigh myself \_\_\_\_\_.  
1) Daily 2) 2 or more times per week 3) Weekly 4) Monthly or less
- If I chose to exercise on the day of competition (game/meet), I exercise for  
1) 2 or more hours 2) 45 minutes to 1 hour 3) 30 to 45 minutes 4) Less than 30 minutes
- If I know that I will be consuming alcoholic beverages, I will skip meals on that day or the following day.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
- I feel guilty if I choose fried foods for a meal.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
- If I were to be injured, I would still exercise even if I was instructed not to do so by my athletic trainer or physician.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
- I take dietary or herbal supplements in order to increase my metabolism and/or assist in burning fat.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
- I am concerned about my percent body fat.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
- Being an athlete, I am very conscious about consuming adequate calories and nutrients on a daily basis.  
1) Frequently 2) Sometimes 3) Rarely 4) Never

16. I am worried that if I were to gain weight, my performance would decrease.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
17. I think that being thin is associated with winning.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
18. I train intensely for my sport so I will not gain weight.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
19. During season, I choose to exercise on my one day off from practice or competition.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
20. My friends tell me that I am thin but I feel fat.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
21. I feel uncomfortable eating around others.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
22. I limit the amount of carbohydrates that I eat.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
23. I try to lose weight to please others.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
24. If I were unable to compete in my sport, I would not feel good about myself.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
25. If I were injured and unable to exercise, I would restrict my calorie intake.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
26. In the past 2 years, I have been unable to compete due to an injury.  
1) 7 or more times 2) 4 to 6 times 3) 1 to 3 times 4) No significant injuries
27. During practice I have trouble concentrating due to feelings of guilt about what I have eaten that day.  
1) Frequently 2) Sometimes 3) Rarely 4) Never
28. I feel that I have a lot of good qualities.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
29. At times I feel that I am no good at all.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
30. I strive for perfection in all aspects of my life.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
31. I avoid eating meat in order to stay thin.  
1) Strongly Agree 2) Agree 3) Disagree 4) Strongly Disagree
32. I am happy with my present weight.  
1) Yes 2) No
33. I have done things to keep my weight down that I believe are unhealthy.  
1) Frequently 2) Sometimes 3) Rarely 4) Never

Thank you for completing this survey.