

How Perfect Is Your Body?

Possible Results

It's Absolutely Perfect!

You have a healthy body and healthy body image, too! Work on staying fit and eating well, isn't just a passing fad for you, you know it's a lifestyle. Keep it up!

It's Perfect for Me.

You may not have a super model body, but you are very happy with the way you look. Self-confidence is key to a good body. Keep up your healthy attitude with a healthy body to match. Make eating right and exercise a part of your routine.

It's Not Quite Perfect, But It Will Be!

You haven't been happy with the way your clothes have been fitting you lately (and maybe for some time now). But, the good news is that you can get the dream body you want with a little hard work and some guidance from the Life Coaching Bootcamp.

1) Do you count calories?

- * Calories, fat, fiber...I check out all that stuff.
- * Kinda, only when I need to get back to a healthy weight.
- * You expect me to count up to 3,000 every day? Psh.

2) How many alcoholic beverages do you have in a week?

- * Well, I'm under 21 so I don't drink. (Because you are law-abiding and awesome, right? Right!)
- * 0-5. Some weeks are better than others.
- * About 5-10 a day—oh, you said week. Let's just say, "a lot."

3) Which of these thoughts would most likely run through your head when trying on a new outfit?

- * "My butt looks great! So this is what happens when you take the stairs instead..."
- * "This fits perfectly if I suck in my gut and never sit down."
- * "I better get this in black, since black is slimming."

4) Do you feel comfortable naked?

- * Definitely! I would do jumping jacks naked.
- * I think my body is pretty great, but the idea of being n-a-k-e-d makes me blush.
- * Only if all the lights are off, and there's no one in the room, and I'm already under the covers.

5) If you could have a weight-loss super power, what would it be?

- * Nothing. I'll just stick to diet and exercise.
- * I'd like super-energy so I am never too tired to do what I need to do.
- * Can I just trick my brain into thinking I'm full so I don't eat like a pig?

6) Do you exercise on a regular basis?

* Yes, how else would I look this way?

* Here and there, something more important usually comes up.

* Not unless reaching for the remote from the couch is a "sit-up."

7) What is your reaction when you see magazines with the headline "Super Skinny Celebrities"?

* I dry heave a little bit. It's just gross.

* Of course they're all skinny! They have cameras on them all the time.

* Just looking at them makes me want to eat a burger.

8) Do you feel comfortable working out at the gym?

* Yeah, who doesn't love an excuse to wear spandex?

* Not exactly, but the eye-candy is totally worth it.

* I wouldn't know, I haven't set foot in a gym in years.

9) What are your fitness goals?

* I want to keep everything in its place—no sagging or rolling please!

* I don't want to breathe so hard after walking a flight of stairs.

* I don't want to jiggle so much...and in so many ways.

10) How do you unwind after a long day at work?

* I go for a run and burn off that pent up frustration.

* I buy two bottles of wine, one for me, and one for me, later.

* Hey, not working can be just as hard! I'll help you polish off that second bottle of wine.

11) How do you feel after you work out?

* Invigorated.

* Accomplished, I should do this more often!

* Tired, how much longer until I look like a model?

12) Which of these best describes your eating habits?

* Bird. I graze and nibble here and there.

* Cow. They eat grass all day, but are still hefty. What gives?

* Hoover. I just suck down whatever is in the house.

13) What is your strategy when you go grocery shopping?

* I buy healthy, organic products.

* The healthy stuff is pricey, but I'll buy it if I have a coupon.

* Salt and butter are organic, doesn't make them healthy! I buy stuff I like.

14) If you had an afternoon with nothing to do, how would you spend it?

* Go outside and play in the sunshine.

* I'd have a long, leisurely lunch with friends.

* I'd catch up on my favorite TV shows with a marathon!

15) You overhear someone thinner than you complain that they're too fat. What do you do?

* Laugh to yourself. Someone is fishing for a compliment.

* Turn around and call her crazy! Surely she must be insane!

* Sigh. If she thinks she's fat, then I must be...ugh!