

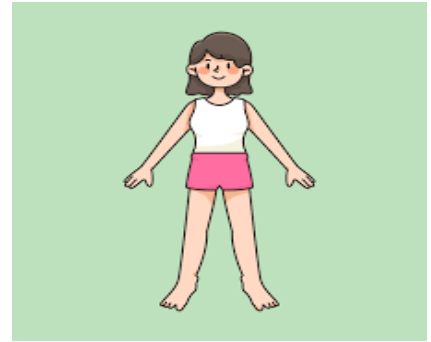
Body image worksheets for adults

I am _____

My weight _____

My height _____

My skin tone _____



<p><i>How would you define your looks?</i></p>	<p><i>What do you like most about your body?</i></p>
<p><i>Write down some good points about your body?</i></p>	<p><i>Write down some bad points about your body?</i></p>
<p><i>What do others say about your body?</i></p>	<p><i>What do you do to take care of your body?</i></p>