











# No Weigh! CONTRACT

*Declare yourself free from a weight-obsessed world!!*

*I contract to:*

-  I will accept my body at its natural shape and size.
-  I will celebrate all that my body can do for me each day.
-  I will respect my body, give it enough rest, fuel it with a variety of food, exercise moderately, and listen to its needs.
-  I will refuse to deny my body valuable nutrients by dieting or using weight loss products.
-  I will not use food to mask my emotional needs.
-  I will not avoid participating in activities because I am self-conscious about the way my body looks.
-  I will recognize my right to enjoy any activity regardless of my size.
-  I will believe that my self-esteem and identity come from within!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

For more info and online eating disorder screening tools visit:  
[www.usu.edu/swc](http://www.usu.edu/swc)

