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Female Athlete Screening Tool (FAST)

Name: _____ Sport: _____ Date: _____ Email: _____ Score: _____

Key:

Exercise= Physical Activity \geq 20 minutes

Practice= Schedule 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.

1. 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
2. If I cannot exercise, I find myself worrying that I will gain weight.
 - 1) Frequently
 - 2) Sometimes
 - 3) Rarely
 - 4) Never
3. I believe that most female athletes have some form of disordered eating habits.
 - 1) Strongly agree
 - 2) Agree
 - 3) Disagree
 - 4) Strongly disagree
4. During training, I control my fat and calorie intake carefully.
 - 1) Frequently
 - 2) Sometimes
 - 3) Rarely
 - 4) Never
5. I don't not eat foods that have more than 3 grams of fat.
 - 1) Strongly agree
 - 2) Agree
 - 3) Disagree
 - 4) Strongly disagree
6. My performance would improve if I lose weight.
 - 1) Strongly agree
 - 2) Agree
 - 3) Disagree
 - 4) Strongly disagree
7. 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
8. I weight myself _____.
 - 1) Daily
 - 2) 2 or more times a week
 - 3) Weekly
 - 4) Monthly or less
9. If I chose to exercise on a day of competition (game/meet), I exercise for
 - 1) 2 or more hours
 - 2) 45 minutes to 1 hour
 - 3) 30-45 minutes
 - 4) less than 30 minutes
10. 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
11. I feel guilty if I chose fried foods for a meal.
 - 1) Frequently
 - 2) Sometimes
 - 3) Rarely
 - 4) Never
12. If I were 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

13. I take dietary or herbal supplements in order to increase my metabolism and/or to assist in burning fat.
- 1) Frequently
 - 2) Sometimes
 - 3) Rarely
 - 4) Never
14. I am concerned about my percent body fat.
- 1) Frequently
 - 2) Sometimes
 - 3) Rarely
 - 4) Never
15. 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 I eat.
- 1) Frequently
 - 2) Sometimes
 - 3) Rarely
 - 4) Never
23. I try to lose weight to please others.
- 1) Frequently
 - 2) Sometimes
24. If I were unable to compete to 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 caloric 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) 4-6 times
 - 3) 1-3 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

Scoring

4 pts= frequently, 3 pts= sometimes, 2 pts= rarely, 1 pt= never (Reverse #15, 28, 32)

79-94= subclinical disordered eating

>94= clinical eating disorder

McNULTY, K. Y., Adams, C. H., Anderson, J. M., & Affenito, S. G. (2001). Development and validation of a screening tool to identify eating disorders in female athletes. *Journal of the American Dietetic Association, 101*(8), 886-892.