



OnTrack Options' SLIMMER LIVING PROGRAM

Ideal Self-Image

Look at the list below of body characteristics and identify those that are of top priority for *you*:

- ' size
- ' weight
- ' metabolism
- ' athletic ability
- ' agility
- ' co-ordination
- ' attractiveness
- ' silhouette
- ' strength
- ' firmness
- ' femininity/ masculinity
- ' flexibility
- ' energy
- ' resilience
- ' grace
- ' muscularity
- ' shape
- ' BMI
- ' other: _____