

Name \_\_\_\_\_

Sport \_\_\_\_\_

## Female Athlete Screening Tool (FAST)

Please answer as completely as possible:

\_\_\_\_\_ 2 or more hours    \_\_\_\_\_ 45 minutes to 1 hour  
\_\_\_\_\_ 30 to 45 minutes    \_\_\_\_\_ Less than 30 minutes

1. I participate in additional physical activity  $\geq 20$  minutes in length on days that I have practice or competition.  
\_\_\_\_\_ Frequently    \_\_\_\_\_ Sometimes  
\_\_\_\_\_ Rarely    \_\_\_\_\_ Never
2. If I cannot exercise, I find myself worrying that I will gain weight.  
\_\_\_\_\_ Frequently    \_\_\_\_\_ Sometimes  
\_\_\_\_\_ Rarely    \_\_\_\_\_ Never
3. I believe that most female athletes have some form of disordered eating habits.  
\_\_\_\_\_ Strongly agree    \_\_\_\_\_ Agree  
\_\_\_\_\_ Disagree    \_\_\_\_\_ Strongly disagree
4. During training, I control my fat and calorie intake carefully.  
\_\_\_\_\_ Frequently    \_\_\_\_\_ Sometimes  
\_\_\_\_\_ Rarely    \_\_\_\_\_ Never
5. I do not eat foods that have more than 3 grams of fat.  
\_\_\_\_\_ Strongly agree    \_\_\_\_\_ Agree  
\_\_\_\_\_ Disagree    \_\_\_\_\_ Strongly disagree
6. My performance would improve if I lose weight.  
\_\_\_\_\_ Strongly agree    \_\_\_\_\_ Agree  
\_\_\_\_\_ Disagree    \_\_\_\_\_ Strongly disagree
7. If I got on the scale tomorrow and gained 2 pounds, I would practice or exercise harder or longer than usual.  
\_\_\_\_\_ Frequently    \_\_\_\_\_ Sometimes  
\_\_\_\_\_ Rarely    \_\_\_\_\_ Never
8. I weigh myself \_\_\_\_\_.  
\_\_\_\_\_ Daily    \_\_\_\_\_ 2 or more times a week  
\_\_\_\_\_ Weekly    \_\_\_\_\_ Monthly or less
9. If I chose to exercise on the day of competition (game/meet), I exercise for \_\_\_\_\_  
\_\_\_\_\_ 2 or more hours    \_\_\_\_\_ 45 minutes to 1 hour  
\_\_\_\_\_ 30 to 45 minutes    \_\_\_\_\_ 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.  
\_\_\_\_\_ Frequently    \_\_\_\_\_ Sometimes  
\_\_\_\_\_ Rarely    \_\_\_\_\_ Never
11. I feel guilty if I choose fried foods for a meal.  
\_\_\_\_\_ Frequently    \_\_\_\_\_ Sometimes  
\_\_\_\_\_ Rarely    \_\_\_\_\_ Never
12. If I were to be injured, I would still exercise even if I was instructed not to do so by my athletic trainer or physician.  
\_\_\_\_\_ Strongly agree    \_\_\_\_\_ Agree  
\_\_\_\_\_ Disagree    \_\_\_\_\_ Strongly disagree
13. I take dietary or herbal supplements in order to increase my metabolism and/or to assist in burning fat.  
\_\_\_\_\_ Frequently    \_\_\_\_\_ Sometimes  
\_\_\_\_\_ Rarely    \_\_\_\_\_ Never
14. I am concerned about my percent body fat.  
\_\_\_\_\_ Frequently    \_\_\_\_\_ Sometimes  
\_\_\_\_\_ Rarely    \_\_\_\_\_ Never
15. Being an athlete, I am very conscious about consuming adequate calories and nutrients on a daily basis.  
\_\_\_\_\_ Frequently    \_\_\_\_\_ Sometimes  
\_\_\_\_\_ Rarely    \_\_\_\_\_ Never
16. I am worried that if I were to gain weight, my performance would decrease.  
\_\_\_\_\_ Strongly agree    \_\_\_\_\_ Agree

### KEY:

Exercise = Physical activity  $\geq 20$  minutes

Practice = Scheduled 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.

Name \_\_\_\_\_

Disagree  Strongly disagree

Sport \_\_\_\_\_

1 to 3 times  No significant injuries

17. I think that being thin is associated with winning.

Strongly agree  Agree  
 Disagree  Strongly disagree

27. During practice I have trouble concentrating due to feelings of guilt about what I have eaten that day.

Frequently  Sometimes  
 Rarely  Never

18. I train intensely for my sport so I will not gain weight.

Frequently  Sometimes  
 Rarely  Never

28. I feel that I have a lot of good qualities.

Strongly agree  Agree  
 Disagree  Strongly disagree

19. During season, I choose to exercise on my one day off from practice or competition.

Frequently  Sometimes  
 Rarely  Never

29. At times I feel that I am no good at all.

Strongly agree  Agree  
 Disagree  Strongly disagree

20. My friends tell me that I am thin but I feel fat.

Frequently  Sometimes  
 Rarely  Never

30. I strive for perfection in all aspects of my life.

Strongly agree  Agree  
 Disagree  Strongly disagree

21. I feel uncomfortable eating around others.

Frequently  Sometimes  
 Rarely  Never

31. I avoid eating meat in order to stay thin.

Strongly agree  Agree  
 Disagree  Strongly disagree

22. I limit the amount of carbohydrates that I eat.

Frequently  Sometimes  
 Rarely  Never

32. I am happy with my present weight.

Yes  No

23. I try to lose weight to please others.

Frequently  Sometimes  
 Rarely  Never

33. I have done things to keep my weight down that I believe are unhealthy.

Frequently  Sometimes  
 Rarely  Never

24. If I were unable to compete in my sport, I would not feel good about myself.

Strongly agree  Agree  
 Disagree  Strongly disagree

25. If I were injured and unable to exercise, I would restrict my calorie intake.

Strongly agree  Agree  
 Disagree  Strongly disagree

**Source:** McNulty KY, Adams CH, Anderson JM, Affenito SG. Development and validation of a screening tool to identify eating disorders in female athletes. *J Am Diet Assoc.* 101:886-892, 2001

26. In the past 2 years I have been unable to compete due to an injury.

7 or more times  4 to 6 times