THE BIQ

Instructions. Please read carefully:

Each item on this questionnaire deals with a different physical characteristic. For each characteristic, think about how you would describe yourself as you actually are. Then think about how you wish you were. The difference between the two reveals how close you come to your personal ideal. In some instances, your looks may closely match your ideal. In other instances, they may differ considerably. On Part A of each item, rate how much you resemble your personal physical ideal by circling a number from 0 to 3.

Your physical ideals may differ in their importance to you, regardless of how close you come to them. You may feel strongly that some ideals embody the way you want to look or to be. In other areas, your ideals may be less important to you. On Part B of each item, rate how important your ideal is to you by circling a number on the 0 to 3 scale.

1. A. My ideal height is:

0 1 2 3

Exactly As Almost As Fairly Very
I Am I Am Unlike Me Unlike Me

B. How important to you is your ideal height?

0 1 2 3

Not Somewhat Moderately Very
Important Important Important Important

2. A. My ideal skin complexion is:

0 1 2 3

Exactly As Almost As Fairly Very
I Am I Am Unlike Me Unlike Me

B. How important to you is your ideal skin complexion?

0 1 2 3

Not Somewhat Moderately Very
Important Important Important Important
3. A. My ideal **hair texture and thickness** are:

0                       1                       2                       3

Exactly As        Almost As            Fairly                 Very
I Am                 I Am              Unlike Me          Unlike Me

B. How important to you are your ideal hair texture and thickness?

0                       1                       2                       3

Not             Somewhat        Moderately            Very
Important        Important          Important           Important

4. A. My ideal **facial features** (eyes, nose, ears, facial shape) are:

0                       1                       2                       3

Exactly As        Almost As            Fairly                 Very
I Am                 I Am              Unlike Me          Unlike Me

B. How important to you are your ideal facial features?

0                       1                       2                       3

Not             Somewhat        Moderately            Very
Important        Important          Important           Important

5. A. My ideal **muscle tone and definition** is:

0                       1                       2                       3

Exactly As        Almost As            Fairly                 Very
I Am                 I Am              Unlike Me          Unlike Me

B. How important to you is your ideal muscle tone and definition?

0                       1                       2                       3

Not             Somewhat        Moderately            Very
Important        Important          Important           Important
6. A. My ideal **body proportions** are:

   0  1  2  3

   Exactly As   Almost As   Fairly   Very
   I Am         I Am       Unlike Me   Unlike Me

   B. How important to you are your ideal body proportions?

   0  1  2  3

   Not   Somewhat   Moderately   Very
   Important  Important  Important   Important

7. A. My ideal **weight** is:

   0  1  2  3

   Exactly As   Almost As   Fairly   Very
   I Am         I Am       Unlike Me   Unlike Me

   B. How important to you is your ideal weight?

   0  1  2  3

   Not   Somewhat   Moderately   Very
   Important  Important  Important   Important

8. A. My ideal **chest size** is:

   0  1  2  3

   Exactly As   Almost As   Fairly   Very
   I Am         I Am       Unlike Me   Unlike Me

   B. How important to you is your ideal chest size?

   0  1  2  3

   Not   Somewhat   Moderately   Very
   Important  Important  Important   Important
9. A. My ideal **physical strength** is:

   0  1  2  3

   Exacty As AA Almost As FA Fairly VAA
   I Am I Am Unlike Me Unlike Me

B. How important to you is your ideal physical strength?

   0  1  2  3

   NAA SAA MA VAA
   Important Important Important Important

10. A. My ideal **physical coordination** is:

   0  1  2  3

   Exacty As AA Almost As FA Fairly VAA
   I Am I Am Unlike Me Unlike Me

B. How important to you is your ideal physical coordination?

   0  1  2  3

   NAA SAA MA VAA
   Important Important Important Important

11. A. My ideal **overall physical appearance** is:

   0  1  2  3

   Exacty As AA Almost As FA Fairly VAA
   I Am I Am Unlike Me Unlike Me

B. How important to you is your overall physical appearance?

   0  1  2  3

   NAA SAA MA VAA
   Important Important Important Important

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