



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders



What Do I Do to Look? Like the Ideal?

Time, effort and emotions

Module 1 • Worksheet 2

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Module 1 • Worksheet 2



Think carefully about each question — be honest with yourself!

PART A — Time



How much time do you spend trying to look like your beauty ideal?

(Think about: getting ready, browsing social media for tips, shopping for clothes, exercising for appearance...)

Per day: approximately _____ minutes/hours

Per week: approximately _____ minutes/hours



What could you do with that time instead?

PART B — Money



How much money do you (or your family) spend trying to achieve ideal characteristics?

(Think about: cosmetics, clothes, hair products, gym memberships, accessories...)

Per month approximately: € _____



What would you rather spend that money on?

PART C — Feelings



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Tick all that apply and add your own words below:



Frustrated / Angry



Tick all that apply:

- What my friends / classmates think
- What I see on social media (influencers, filters, trends)
- Ads and TV / movies
- My own personal taste
- Other:



💡 It's totally normal to care about how you look — what matters is that YOU decide how much time and energy it gets! ✨



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