

(Act 1)

1 "YOU LOOK GOOD"

1

A GROUP OF GIRLS CHAT ON THE BLEACHERS. THEY WAIT FOR CLASS TO START. CONVERSATION LEADS TO TALKING ABOUT CLOTHES.

Ezarah guides the talk to the plain gym clothes they are wearing.

EZARAH

I hate the bland colors the school makes you wear! I have a cute tank top at home I can work out in!

BEVERLY

Haha! I know, right?

LISA

The sizes that they had at the store didn't fit me at all! The smallest for the shirt and shorts were a size too big on me!

Lisa waves her arm around. The shirt sleeve is loose, and its obvious that the shirt is too big. Her legs swim in her black basketball shorts.

EZARAH

Wow! A medium fits me well, but I strive to be that thin, girl!

BEVERLY

Yeah, you look good, Lisa!

Beverly looks down at her stomach, she sees past her flat chest and focuses on her fat rolls showing through the large shirt.

STUDENTS START FILLING THE BLEACHERS. THE TEACHER COMES OUT AND STARTS THE CLASS.

2 NO THANK YOU

2

Dinner is ready, Dad sets the table with napkins and forks. A plate of roasted chicken centers the table. Mashed potatoes and mac and cheese sit next to the main dish.

DAD

Beverly, dinner is ready! I made the mac and cheese you like!

(CONTINUED)

Beverly hears her father. She gets up from her bed and goes into the kitchen. The smell of food makes her stomach growl. Beverly reminds herself that she isn't going to eat much this meal.

DAD
Dig in, sweetie!

BEVERLY
Thanks, Dad..

They both start scooping out food and putting it on their plate. Beverly scoops mac and cheese. She shakes off half of the scoop and places the remaining on her plate. She does the same with each food.

DAD
Doesn't look like much on your plate, Bev. Are you feeling alright?

BEVERLY
No, I'm not sick. We had a pizza party today at school. So I don't feel like eating much.

DAD
Oh, that's okay! Don't force yourself to eat, honey!

BEVERLY
Thanks for understanding.

Beverly eats, but she wants more. She stares at the food. Her dad gets up from the table and clears the table. She does the same thing.

DAD
Dinner good?

BEVERLY
Yeah, thanks again!

3

A PIG

3

Beverly walks into the bathroom. She looks into the mirror. Her reflection is disgusting. Her hips stick out too much and her fat rolls are much larger.

BEVERLY
God, I shouldn't have eaten anything. I'm such a pig.

She pulls up her shirt and stares at her stomach.

(CONTINUED)

BEVERLY

Five. Five fat rolls. They shouldn't be there. They don't belong there.

She suck in her stomach. She sees her ribs and smiles.

BEVERLY

That's what I want. That's what I need.

Beverly pinches her stomach.

BEVERLY

Go away. Go away.

Dad knocks on the door.

DAD

Hey, Bev! Are you okay?

She pulls down her shirt and turns the faucet on.

BEVERLY

I'm fine, dad!

DAD

Sorry!

Dad moves away from the door. And leaves. Beverly washes her face with cold water and stares at herself in the mirror.

4

RESEARCH

4

THE BELL FOR LUNCH PERIOD STARTS. BEVERLY SIGHS AND ENTERS THE LIBRARY DOORS.

Beverly walks to the librarian desk. The Mrs. Kathleen looks up from her book and smiles. She starts in a whisper.

MRS. KATHLEEN

Hi, Beverly! What are you doing here this period? Isn't it your lunch?

BEVERLY

Yeah, it is, but I'm not hungry right now.

MRS. KATHLEEN

Okay, well, I understand. What are you looking for today?

(CONTINUED)

BEVERLY

Do you have any magazines on diets?
I need research for uh a health
project.

Mrs. Kathleen pushes herself to her computer and searches up health magazines. She looks away from the computer and points to her left.

MRS. KATHLEEN

The back 400 bookshelf is where you
can find your information.

Beverly smiles.

BEVERLY

Thank you much.

She walks to the bookshelves Mrs. Kathleen pointed to. Colorful magazine covers line the shelf. Most of them have blonde, skinny, and smiling women on the cover. Beverly looks at each of them. She picks up a magazine with a women holding a bottle of water.

BEVERLY

"All I need is a couple of glasses
of water a day, and I'll be fine
for the day?" What does this
actually work?

Beverly takes the magazine to an empty table and opens it up. She finds the page the cover advertised and reads.

5

TRAINING

5

EZARAH PICKS UP HER RINGING CELL PHONE

EZARAH

Bev, what's up?

BEVERLY

Umm, Ezarah. I was thinking. Do you
want to go to the gym with me?

EZARAH

Why all of a sudd-

BEVERLY

Since we have that uhh, mile run,
we could train at the gym for that.
Umm I want to get a better time
than last year!

(CONTINUED)

EZARAH

Alright, then. it's weird of you to be this motivated, but I'm not complaining.

BEVERLY

Yeah, I just wanna work on my summer body! Is tomorrow after school okay?

EZARAH

Sure.

BEVERLY

Cool. See ya!

Beverly ends the phone call. She opens up her laptop and searches up "Best weight loss routine." She clicks on a website and scrolls down.

BEVERLY

Ugh, this isn't what I wanted.

She moves the mouse to close out of the website, but a pop-up ad appears at the corner on the screen. She looks at it and raises an eyebrow.

BEVERLY

"Thinspiration blog. Click here to join." What the hell, maybe it will help.

Beverly clicks on the website. She's greeted by a large post explaining the rules of the website. She scrolls down and pictures of skinny women fill the screen.

BEVERLY

Oh my God.. Is that even possible?

She stares at each picture. She smiles a little.

BEVERLY

I want that.

She looks down at her stomach and sits up straight. She barely sees the fat on her stomach.

(ACT 2)

6 PURSUING

6

THE BEEPING OF THE TREADMILL TRIGGERS THE CONVEYER BELT TO SLOW DOWN.

Beverly presses the button "A Steep Mile"

EZARAH

Bev, that's the third time you hit that button. I think you should call it a day.

Ezarah presses the "Stop" button. The screen flashes "THE MACHINE WILL SLOW DOWN"

BEVERLY

Hey, I'm fine!

Her face is covered in sweat and her speech is breathy.

EZARAH

You don't sound it. There's always tomorrow, you know.

BEVERLY

Okay, okay. I just wanted to get better.

EZARAH

I know.

Ezarah sighs and rolls her eyes. She holds her hand out for Beverly. Beverly takes the hand and steps off the machine.

EZARAH

We should get something to eat. There's that smoothie place down the road that has the best chicken salad sandwiches!

BEVERLY

Awe, that sounds good, but my dad is making dinner tonight.

EZARAH

Just call your old man to cancel dinner.

They walk out of the gym building.

BEVERLY

Tempting, but I don't want him to eat alone.

(CONTINUED)

EZARAH

I understand.. Have fun. Also don't
rush. Take it easy!

BEVERLY

Thanks! I will!

Starts to jog and waves bye to Ezarah. Sprints home when
Ezarah has her back turned.

7

EXCUSED FROM DINNER FOR A WHILE

7

BEVERLY WALKS THROUGH THE FRONT DOOR. SHE IS COVERED IN
SWEAT AND HER FATHER LAYS ON THE COUCH WITH HIS IPAD.

DAD

Good evening, Miss. Mitchel.

BEVERLY

Good evening, Mr. Mitchel!

DAD

Leftovers are in the fridge,
sweetie. Help yourself.

BEVERLY

Thanks.

Beverly walks past the kitchen and up into her bathroom. She
pulls out the scale and places it on the floor.

BEVERLY

Okay, how'd I do?

She steps on slowly and closes her eyes. The scale chirps
and she looks down at the black digital weight. The numbers
show "120.03"

BEVERLY

Damnit! Not even close to 97!

Beverly steps off the scale and puts it away. Her reflection
catches her attention. An girl who looks exactly like
Beverly stares back at her. Though, this girl has a double
chin and her cheeks puff out. The girl's fat rolls spill out
of her shirt and her clothes stretch in an unnatural way.

BEVERLY

You're absolutely disgusting! How
can you let yourself to be this
way?

Tears fill the corners of her eyes. Her face is tinted red.

(CONTINUED)

DAD

Beverly, are you alright? Why are you yelling?

Beverly looks away from the mirror and opens the bathroom door.

BEVERLY

I'm fine, Dad! I just dropped something!

8 REFUSING

8

HER STOMACH GROWLS INTERRUPTED THE QUIET ROOM.

Beverly holds her stomach. She keeps scrolling down the blog page.

BEVERLY

I can get used to the pain. That's all, I can do this.

The pain from her stomach comes back. She hunches over and the growls follow. She walks over to her bed and lays down. She curls up into a ball.

9 FIGHTING

9

THE BELL RINGS FOR LUNCH AND THE STUDENTS FILE INTO THE HALLWAY.

Ezarah grabs Beverly's arm. Beverly's response is slow.

BEVERLY

Hey, what gives?

EZARAH

You dissappear right before lunch. I'm just making sure you don't get lost again.

BEVERLY

I don't get lost. I just study in the library.

EZARAH

Well, you're taking a rain check with Mrs. Kathleen!

Ezarah drags Beverly to the cafeteria. Ezarah shoves a tray into her hands. They wait in line.

(CONTINUED)

BEVERLY

I don't have any lunch money left-

EZARAH

I'll buy it for you!

Ezarah smiled. Beverly bit the corner of her mouth. The smell of food teased her. Her eyes looked around the room. Everyone was looking at her.

BEVERLY

They're all looking at me, Ezarah..

EZARAH

Who? No one is. Maybe you're seeing this cause you're hungry?

Beverly closes her eyes. She places the tips of her fingers on her left temple. Ezarah notices.

EZARAH

Hey, are you okay?

The line moves up and the girls are close to picking up the food.

BEVERLY

Yeah, just a headache.

EZARAH

Don't worry, once you eat, you'll be fine, girl.

The girls move up and stand in front of the line. Ezarah picks up a ham sandwich and celery. Beverly hesitates.

BEVERLY

I can't..

EZARAH

Can't what? Here, you're really out of it.

Ezarah grabs a cup of celery and a chicken sandwich and places it on Beverly's tray.

EZARAH

Come on.

She walks to the cash register and scans her ID. Beverly slowly takes out her ID and walks over to the register. She scans her ID with a shaky hand.

(CONTINUED)

LUNCH ASSISTANT
Are you okay, honey?

Her vision gets blurry and the words mush together.

BEVERLY
Wh-What?

LUNCH ASSISTANT
Are you okay?

The Lunch Assistant raises her voice a little. This time Beverly understands.

BEVERLY
Yeah, I-I'm okay.

10

CAUGHT

10

BEVERLY WALKS SLOWLY TO HER TABLE FILLED WITH HER FRIENDS.

LISA
Ugh, my algebra teacher is mean.
She gave us three papers for
homework.

GEORGIA
I know, right? No wonder her
husband left her! She probably
assigned him work too.

LISA
Haha, yeah! Well, she's ugly and
fat too..

Beverly arrives at the table. She only hears "ugly and fat."

EZARAH
Harsh much guys..

GEORGIA
Whatever, but the shirt she's
wearing is too tight for her own
good.

Lisa and Georgia laugh. Beverly sits down and stares at the food on her tray.

EZARAH
I'm sure you'll feel better if you
eat.

(CONTINUED)

BEVERLY
I don't think so.

The sight of food hurts her stomach. She grips her shirt and clenches her teeth.

EZARAH
Bev, what's wrong? Does it smell bad?

Georgia and Lisa look over at Beverly. Both of the girls have a confused expression on their face.

BEVERLY
I'm fine!

She shakes in her seat.

BEVERLY
Stop staring at me!

GEORGIA
What is your problem?

BEVERLY
Nothing!

Ezarah's shoulders relax and her eyes goes into a hard stare.

EZARAH
Then eat.

Beverly's eyes widen.

EZARAH
Go ahead.

BEVERLY
I'm not what you think I am. I swear.

EZARAH
Prove it. Eat.

Beverly picks up the chicken sandwich and moves it to her mouth. Lisa leans over to Georgia.

LISA
Is she starving herself?

Beverly opens her mouth and eats. She sighed. Food felt good in her stomach.

BEVERLY

See?

EZARAH

Yeah, I do.

Ezarah's body language didn't change. Beverly puts down the food. She picks up her tray and runs to the trash can. She dumps the food and sprints out of the cafeteria.

11

THE ONLY WAY

11

EZARAH

Beverly!

She gets up from her seat and chases after her. Beverly runs into the empty bathroom. She stares at herself in the mirror.

BEVERLY

Oh, God. I'm so fat. Why did I eat?
I was on the right track. Oh, God.
Oh, God.

The door to the bathroom opens. Ezarah enters.

EZARAH

Bev..

BEVERLY

Leave me alone. Don't look at me,
I'm a pig.

EZARAH

No, you aren't. You're pretty just
the way you are.

BEVERLY

Haha. That's funny. Tell that to
the 110 pounds and each fat roll
that they're pretty.

Beverly puts her head in her hands.

EZARAH

Bev, don't say that.

BEVERLY

Or what? You have no right to say
anything. You're perfect.

She shakes and tears roll down her cheeks.

(CONTINUED)

EZARAH

I'm not. Bev, this is serious, are
yo-

BEVERLY

I'm not anorexic! I just want to
lose all this weight!

Ezarah puts a hand on Beverly's shoulder.

EZARAH

But not in a good way.

Beverly lifts her head up and looks at her friend.

BEVERLY

I know, but it's the only way.