The summary provides an overview of figures, tables, and graphs related to a study conducted among undergraduate medical students at Tanta University: Demographic Distribution: Gender distribution is nearly equal, with males representing $53 \%$ and females $47 \%$.Dissatisfaction is noted in fatness evaluation, negative affect, height dissatisfaction, and social dependence. Overall, the study indicates a diverse range of perceptions and attitudes among undergraduate medical students at Tanta University regarding body image, physical activity, and self-esteem.Anthropometric Measures: The average age is 20 years, average weight is 71.21 kg , average height is 1.71 cm , and average BMI is 24.15 . The majority rate themselves positively in terms of health fitness influence, attention to grooming, and investment in ideals.Self-Body Image Assessment: Around 70\% or more are satisfied with overall appearance, health .fitness influence, investment in ideas, health fitness evaluation, and attention to grooming

