

SELF MONITORING JOURNAL

Daily self monitoring provides an opportunity to take a step back and objectively observe your food behaviours as well as the environment, thoughts and feelings when eating.

What to record

1. Time: exact time that you ate or drank anything
2. Hunger: rate your hunger before eating from 1 (starving) to 10 (extremely full)
3. Food and drink consumed: be as descriptive as possible with types and quantity
4. Location: where you consumed the food/beverage (e.g. car, kitchen, restaurant)
5. Reflections: thoughts, feelings and emotions before, during or after an episode of eating

EXAMPLE

DATE: *Monday, March 1*

TIME	HUNGER	FOOD & BEVERAGE	LOCATION	REFLECTIONS
<i>8am</i>	<i>5</i>	<i>Skim latte and banana</i>	<i>Car</i>	<i>Ate on way to work. Not too hungry as still early.</i>
<i>1pm</i>	<i>4</i>	<i>Salad (cucumber, tomato, lettuce, 1 hard boiled egg, no dressing)</i>	<i>Work desk</i>	<i>Feeling somewhat hungry. Not very satisfied after eating salad. Nothing else to eat.</i>
<i>5:30pm</i>	<i>2</i>	<i>4 large cinnamon donuts, 1 family sized bag of chips, 1 chocolate bar (180g)</i>	<i>Car</i>	<i>Feeling extremely full. Guilty and ashamed. Fearful of weight gain.</i>

**Adapted from: Dr Jake Linardon's Manual - 5 Proven Steps to Break the Binge Eating Cycle*

