Instructions for Self-Monitoring

- Column 1 – Record the time you eat or drink anything.

- Column 2 – Write down a brief and clear account of what you had to eat or drink, e.g. 1 small packet of crisps, or two small Cox apples. You do not need to be too precise by recording the weight or brand of food; for example, if you ate a 30g bowl of a particular muesli, simply put down 'a small bowl of muesli'. Calories should not be recorded.

- Column 3 – Record where you were when you ate or drank anything. It's better to say 'dining room' than just 'home'.

- Column 4 – If you thought what you ate was excessive and would have rather not eaten, place an asterisk in the column. There are two reasons why you may regard food as excessive: it may be the type of food (for example, if it was

deep fried); or it may be the amount of food (for example, a large bowl of pasta when you had planned to eat a small portion). Deciding what is excessive is entirely up to you and it doesn't matter what anyone else thinks. Please record all the food you ate in a binge.

- Column 5 – In this column, record if you vomited (V) or used laxatives or diuretics (L).

- Column 6 – The comments column can be used in a variety of ways, for how you feel at the time of eating, particularly after episodes of eating you consider to be excessive. Remember to jot down any important circumstances that may have had an effect on your eating, and any thoughts and feelings you experienced. This may include social pressure to eat or a minor disagreement with a friend or feelings of frustration or boredom. This information is crucial to helping you understand some of the reasons why you restrict what you eat, or why you have episodes of excessive eating.

After you've monitored your eating for a week, it's time to review what you've learned. Here's an exercise that will help you do this.

Self-Monitoring Worksheet

Date_____ / Time_____

Time	Food and Drink Consumed	Place	Excessive	Vomit/ Laxative	Comments