

Appendix C

Progress Chart (Eating)

Use this Progress Chart to monitor your success in keeping to your Personal Eating Rules. Write the three techniques you decided to use in the space provided below and at the end of every 24-hour period give yourself a rating from 1 to 5 for how well you applied each of the techniques.

5 = Very Well, 4 = Well, 3 = Average, 2 = Poorly, 1 = Very Poorly.

(1) _____

(2) _____

(3) _____

Day	1st Technique	2nd Technique	3rd Technique
1	[]	[]	[]
2	[]	[]	[]
3	[]	[]	[]
4	[]	[]	[]
5	[]	[]	[]
6	[]	[]	[]
7	[]	[]	[]
8	[]	[]	[]

9	[]	[]	[]
10	[]	[]	[]
11	[]	[]	[]
12	[]	[]	[]
13	[]	[]	[]
14	[]	[]	[]
15	[]	[]	[]
16	[]	[]	[]
17	[]	[]	[]
18	[]	[]	[]
19	[]	[]	[]
20	[]	[]	[]
21	[]	[]	[]
22	[]	[]	[]
23	[]	[]	[]
24	[]	[]	[]
25	[]	[]	[]
26	[]	[]	[]
27	[]	[]	[]
28	[]	[]	[]

RULES FOR SNACKING

Write your personal Rules for Snacking in the spaces below

WHERE: _____

WHEN: _____

WHAT: _____

Give yourself a rating from 1 to 5 at the end of every 24-hour period, for how well you applied your Rules for Snacking:

5 = Very Well, 4 = Well, 3 = Average, 2 = Poorly, 1 = Very Poorly.

DAYS

1 2 3 4 5 6 7 8 9 10 11 12 13 14

DAYS

15 16 17 18 19 20 21 22 23 24 25 26 27 28

EATING TRIGGERS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____