



## Step 1 – Monitoring your eating

Keeping a systematic written record of your eating so that you can know precisely what has been happening

Becoming aware of exactly what is happening with eating allows change

### Monitoring Guidelines – General

- Use a standardised form and use a separate sheet for each day
- Record everything that is eaten, and don't abandon monitoring when things don't go to plan
- Try to record what has been eaten straight after the meal, rather than trying to remember it at the end of the day. Notes written in a mobile phone app could also assist with this.

### Monitoring Guidelines – Specific

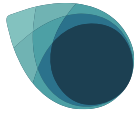
- [Column 1](#): record the time when food is eaten and try to be reasonably accurate with this.
- [Column 2](#): record all the food and liquid consumed during the day. Try to be precise with the amounts eaten, but not so precise as to weigh food & record the weights (e.g. "small bowl cornflakes" not "100g cornflakes").
- [Column 3](#): record where the episode of eating took place. Be precise about this, for example, "the kitchen" rather than "home".
- [Column 4 \(B\)](#): record whether or not you felt the food eaten was excessive. This can be marked by placing an asterisk in the column next to the food you thought was excessive.
- [Column 5 \(C for compensation\)](#): record episodes of vomiting and taking laxatives or diuretics. Exercise can also be recorded here.
- [Column 6](#): record how you felt at the time of eating, particularly after times of overeating, but also at times when you have had a 'normal' meal. This could include everyday life events (e.g. argument with partner), something specifically concerned with eating (e.g. pressured to eat something), a specific emotion (e.g. anxiety, anger, boredom), the eating problem, or concerns with weight or shape

### Reviewing the Monitoring

Review the week as a whole, and try to identify patterns in eating (e.g. particular times, foods, or situations that trigger binge eating, periods of restriction, behavioural response to binges).

#### Before Moving to Step 2...

- Record all eating, including binges, in a standard form
- Record soon after eating
- Review records regularly to identify patterns



Helping people to overcome Bulimia Nervosa & Binge-Eating Disorder using  
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Date:

Day:

Time	Food & liquid consumed	Place	B	C	Context of overeating/comiting & comments
Exerist (time & type):					