

Food Diary



Self-monitoring can help disordered eating, showing what is happening and when. You can write what you eat, what you were feeling and anything else important like if you had a binge, purge, etc. Don't count calories, this is about understanding the link between emotions and eating, as well as if you are eating enough to be healthy (if relevant to you).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							