

# Food Diary



**PROGRESS  
PSYCHOTHERAPY**

Self-monitoring can help disordered eating by 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							