



Monitoring diary – phase 2: variety and flexibility

The rationale for monitoring your thoughts, feelings and experiences around food is so that if you can capture what happens; you will better understand why it happens. Sustainable change comes from understanding the connections between your thoughts, feelings and behaviours and why you make the choices you do. Once you have a better understanding of this it is possible to choose differently **if that would be more effective for you.**

Take some time at the start of each day to outline your goals and set your intentions for the day. Then fill in your monitoring diary with what actually happens. It is always best to monitor and record in 'real time', which is at time things occur. This allows for greater accuracy, increased awareness and an increased opportunity to choose your eating behaviours consciously. At the end of the day reflect on what you noticed helped you achieve your goals and what was particularly interesting about the day.

My goals and intentions for the day are:

What I've noticed helps me achieve my goals:

What interested me about today?



Monitoring Diary

Date:

Day:

Time	Food and drink (identify any new foods)	Food group G = Grains F = Fruit V = Veg P = Meat/alt D = Dairy O= Other foods	Where and who with	Thoughts and feelings Include: Unhelpful thinking styles, labelling food as good or bad, identified food rules	Binge (B) Vomiting (V) Laxatives (L) Restriction (R) Excessive exercise (E)