

Monitoring Diary

Date:

Day:

Time	Appetite before eating (1-10)	Food and drink	Rate of eating (1-5)	Awareness of eating (1-5)	Appetite after eating (1-10)	Thoughts and feelings/comments	Binge (B) Vomiting (V) Laxatives (L) Restriction (R) Excessive exercise (E)

Rate of eating scale:

1 = very slow, 2 = slow, 3 = moderate pace, 4 = fast, 5 = very fast

Awareness of eating scale:

1 = compulsive, 2 = distracted, 3 = aware, 4 = mindful, 5 = Zen master

Appetite scale:

0 = ravenous, 2 = very hungry, 3 = hungry, 5 = not hungry, 7= satisfied, 8 = very full, 10 = beyond full