



Monitoring diary – phase 3: internal awareness and trust

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 you goals and what was particularly interesting about the day.

My goals and intentions for the day are:										

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