

Self-Monitoring Form

Day \_\_\_\_\_

Date \_\_\_\_\_

Time of day	Hunger 1-10	Food and drink consumed	Location	*	Fullness 1-10	V/ L	Context and comments/Feelings

Instructions for the Self-Monitoring Form:

Column 1: Note the time when you eat or drink anything. Do your best to be accurate.

Column 2: Note your hunger level when you started eating. Think of a gas gauge with 1 = very hungry, very empty, 10 = so stuffed it hurts, and 5 = neutral.

Column 3: Record exactly what you eat and drink, including binges. Leave nothing out. Do not record calories. Instead, write down a simple description of what you eat and drink. Write down each item as soon as possible after you eat it. Trying to recall what you ate or drank some hours earlier is not a good idea since it is unreliable and will not help you change. The importance of monitoring at the time of eating cannot be overemphasized. For example, if you are out for a meal, it is sometimes sensible to record between courses, perhaps by going to the bathroom to get some privacy.

Episodes of eating that you view as meals should be identified with brackets. Do not bracket snacks or other episodes of eating.

Column 4: Specify where you consumed the food or drink. If in your home, specify the room.

Column 5: Place an asterisk in this column opposite the food items that you felt at the time were excessive. Binges will therefore be represented by a chain of asterisks.

Column 6: Note your fullness level following eating on the same scale as Column 2.

Column 7: Record if and when you vomit or misuse laxatives or diuretics.

Column 8: Use this column somewhat like a diary. You should note anything that influences your eating. For example, whenever you put an asterisk in column 4, you should record in column 6 the circumstances at the time to identify triggers for the episode of excessive eating. Perhaps you had just had an argument with someone and were angry. Or you may have been under social pressure to eat.

Also use column 8 to record your weight each time you weigh yourself.