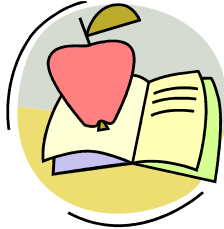


# self-monitoring & food logs

## Self-Monitoring

During the course of your treatment, you will be asked to keep a record of your food intake between each session. It is important that you make an honest and accurate record. This may feel uncomfortable, but you will come to find this a useful tool for overcoming your eating disorder. Patients find that thinking about their eating habits helps them to recognise the processes that are maintaining their eating disorder. When you are conscious of your eating habits, you can take control of them and begin to make changes.



Initially, your self-monitoring will be used to make a record of your current eating pattern. During this period you should continue eating as you have been up until now. This will help you and your therapist to understand your current eating habits, and provide a baseline record to compare changes in your eating patterns throughout treatment. Monitoring records will then be reviewed at each treatment session in order to help you overcome your eating disorder.

Recent research has shown that patients who are able to begin using food logs early in treatment have the highest rate of recovery. We believe that this is because the food logs allow the patient and therapist to have the most accurate picture of how the eating disorder keeps itself going and how it can be changed.

## How To Complete Your Food Log

The food log details your food intake throughout the day. The food log records the time you ate, what you ate, where you ate, if you considered the event to be a binge episode, if you engaged in vomiting or laxative use, and the situation and feelings that accompanied your eating.

Here are some guidelines for completing your food log:

- **Complete your food log while you are eating**, not after the event. Making records in the moment will increase the accuracy of your food log, and will help you to think about your thoughts at the time of eating. We realise that it can be difficult to carry your food logs everywhere you go. You may want to consider taking a mini notebook or jotting things down in your diary if you are out during the day and then transcribing them later.

- **Be honest.** Sometimes you may feel tempted to omit some aspects of your eating behaviour out of shame or guilt. Your therapist will not judge you but will respect your courage and efforts.
- **Time:** Record the time you began the meal or snack.
- **Food & liquid intake:** Record both food and liquid intake, including water, coffee or tea, or alcohol. Bracket foods together when you consider them to be part of the same meal/snack. Do not record calories.
- **Location:** Be specific about the location of your eating. If you are at home eating on the couch, write 'couch at home' rather than 'home'.
- **Binge:** Place an asterisk (\*) in the binge column if you consider the event to be a binge episode.
- **V/L:** If you vomit, record a 'V' in this column. If laxatives are used, record an 'L' in this column and write down how many you took. If the vomiting or use of laxatives did not occur in conjunction with food intake, leave the food intake column empty.
- **Situation/feelings/thoughts:** Record the situation surrounding your eating, the way you felt about your eating, and the thoughts that accompany or trigger your eating. Include behaviours such as weighing and shape checking.
- **Exercise:** If you exercise, record the time period you exercised and the type of exercise you engage in.
- Here is an **example** of a food log for part of the day.

Time	Food & liquid intake	Location	* (Binge)	V / L	Situation/thoughts/feelings
7:30	2 pieces of ) toast with ) margarine ) 1 mug of ) coffee )	Home table			7:00am: Weighed myself. 65kgs Less than last night. Pleased.
10am	1 can of diet Pepsi	At desk			Cake in the staffroom for colleague's birthday. Pleased I didn't eat any.
12pm	Mug of coffee	At desk			Only coffee for lunch, trying to make up for breakfast
1:30	Mug of coffee	At desk			
4:30	200gm packet of chips	Home in front of the TV	*		Sat in front of TV when I got home. Felt bored, tired and hungry.
4:40	1 doughnut		*		
4:45	1 doughnut		*		
4:53	1 can of diet lemonade		*		Started eating.
4:59	6 chocolate biscuits		*		
				V	5:35pm: Weighed myself. 65.7kgs. Vomited.
8:30	1 packet choc biscuits		*	V	Felt awful, couldn't look in mirror, vomited
Exercise (time and type): None					

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