

## **Recording Your Eating Instructions for Self-Monitoring**

Record everything that you eat and drink, what you are doing and how you are feeling on the provided form. A simple description will do. To do this, you will need to carry your records with you. The following instructions are to help you complete the records.

1. Column 1 is for noting the exact time of day you ate or drank the items concerned. You should write things down as soon as possible afterward.
2. Column 2 is for giving a simple description of what was eaten and drunk. You should record absolutely everything consumed.
3. Column 3 is for noting where you were at the time. If at home, please note the room.
4. An asterisk should be placed in column 4 beside anything you ate or drank that you viewed as excessive. This should be your view not other people's.
5. Column 5 is for noting calories.
6. Column 6 is for noting other points of relevance (e.g. your thoughts or feelings, the circumstances, or context in which the eating occurred). You should also note your weight in this column each time that you weigh yourself.

Please remember to bring your records to your next office visit.