

Food and Thought Monitoring

Meal	Time	Food	Eating Disorder Behaviours*	Events, Thoughts and Feelings
Breakfast				
Morning Tea				
Lunch				
Afternoon Tea				
Dinner				
Supper				

*Behaviours may include restrict (R), binge (B), overeat (O), self-induced vomiting (V), excessive exercise (E), laxatives (L), diuretics (D), chew & spit (C&S), regurgitation (Rg)