

By recording your food intake and behaviours you may be able to identify a pattern emerging connecting the two.

This is for your personal use, and it may help you to identify when and why problems occur.

Daily food and behaviours diary

Day of the week	Time	Food & Drink consumed	Binging Yes/No	Vomiting Yes/No	Laxatives Yes/No	Exercise Yes/No	What was happening before and after you ate/drank?
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							