

Daily Self-Monitoring Form

Daily Self-Monitoring Form is an excellent strategy designed to help you overcome emotional and binge eating, because it helps you identify the triggers, consequences, and experiences of eating emotionally. It will essentially help you know what it is that you need to change. It is a good idea to have one form per day so that you can record your relevant behaviors, thoughts, and emotions. Good luck!

Take a look at an example monitoring form completed by someone wanting to stop binge eating.

As we can see, his pattern of eating is highly predictable. You will notice that he binged in the evening, but what's most interesting was the lead up to this binge. He ate very little throughout the day, and his hunger ratings were as high as they could be.

In this way, it seems as though the physiological deprivation was responsible for causing his binge at dinner, while his emotions - in particular his despair for binge eating at dinner - were responsible for his late-night binge.

These are the patterns you need to recognise in yourself!

Time	Food & Drink Consumed	Place	Excessive?	Hunger Level (0-10)	My Reflection
9am	Black Tea with Banana	Kitchen	No	3	Not hungry because it's pretty early. In a bit of a rush for work. Will wait till later in the day to eat
2pm	Light Tuna salad with diet coke	Office	No	6	Little bit hungry but thought I would delay my eating because I know were having pizza for dinner. Pizza is calorie dense, so I don't want to overeat today!
7pm	Large Domino's Pizza with 5 slices of garlic bread	Kitchen Table	Yes	10	Absolutely starving! So, I ordered a large pizza for myself. But I ate too much and now I feel sick. So bloated. Struggled to stop eating - I couldn't tell that I was full during the time! Feeling ashamed of this. Highly concerned about putting weight on
11pm	2 Cream donuts, 1 tub of ice cream, 1 chocolate bar, and a bottle of coke.	Sofa	Yes	2	Wasn't even hungry but I binged. What's the point? Already felt bad about me from dinner. Going to bed. Tomorrow will be a better day.

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Date:

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