



My Eating Awareness Journal:

Date: Thursday 25<sup>th</sup> February.

Time/ Location	Food & liquid intake	Binge *	Hunger before /10	Fullness after /10	Situation/thoughts/feelings
7:15am	Protein shake } on water }		2	5	In car on way to work, going to be good today after binge last night.
10:30 am	1/2 banana + 2 coffees on almond milk		2	3	Can't believe I'm hun- gry already, at least I've been able to stop at this & choose alm- ond milk so feeling strong today!
2:15pm	Small chicken } kebabs with hot } chips & coke }		1	8	Starving, grabbed something quick after busy morning at work. Can't believe I got the chips again. Needed the sugar pick me up from coke.
7pm	Palm size chick- } en with salad, } balsamic dress- } ing.		2	6	Tired. Hungry. want- ed something healthy & easy. Feel good and hoping to dis- tract myself so I don't binge.
8:30	Picked at chicken. 1/2 tub ice-cream 1/2 loaf bread with peanut butter & nutella Block chocolate 3x packets lollies	* * *	5	10	Started picking at chicken, then couldn't stop myself. Why am I so hopeless?? Feel so guilty & disgusting. Can't believe I blew it again!!!!