

Eating Awareness Journal

Food journals are a key part of the early stages of treatment. They involve recording your daily food intake as well as the situation, thoughts and emotions that you had at the time you were eating. It can be uncomfortable at first completing these, however, it is also an invaluable tool for understanding your eating behaviour. Research has shown that the use of food journals during treatment is associated with the best outcomes. This is because self-monitoring allows you to become more aware of your what influences your eating behaviour and once you are more aware of these influences, you will be able to identify what needs to be changed.

How to Complete Your Eating Awareness Journal:

The food journal records the time, content, location and situational factors related to your eating. Here are some pointers for completing the food journal:

- *Complete your food journal while you are eating, not after the event.* Making records in the moment will increase the accuracy of your food journal. It will also help you to become more aware of your thoughts and feelings at the time of eating.
- *Be honest.* Sometimes you may feel tempted to omit some aspects of your eating behaviour out of shame or guilt. Despite this, it is important that your food journals are an accurate reflection of what you have actually eaten so that we can work on better understanding and changing these behaviours.
- *Do not record calories/kilojoules.*
- *Location:* Be specific about the location of your eating. If you are at home eating on the couch, write ‘couch at home’ or ‘kitchen at home,’ rather than simply ‘home’.
- *Binge:* Place an asterisk (*) in the binge column if you consider the event to be a binge episode. Binge episodes are either any time (typically over a maximum 2 hour period) that you eat an amount of food that is substantially larger than what others would eat during that time, or when you have felt out of control eating, as if you could not stop even if you wanted to.
- *Hunger-fullness scale:* Rate your hunger and fullness before and after eating.

0 1 2 3 4 5 6 7 8 9 10

0: Empty 4-5: satisfied, comfortable 8-9: uncomfortable, over-full
2: peckish, becoming hungry 6-7 slightly over-full 10: painfully over-full

- *Situation/feelings/thoughts:* Record the situation surrounding your eating, the way you felt about your eating, and the thoughts that accompany or trigger your eating.



My Eating Awareness Journal:

Date:

Time/ Location	Food & liquid intake	Binge *	Hunger before /10	Fullness after /10	Situation/thoughts/feelings

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