



**My Self Monitoring Log:**

Date: Friday 26<sup>th</sup> February

Time	Food & liquid intake	Location	Binge *	V/L/E	Situation/thoughts/feelings
7:15am	1/4 cup oats with water & 1/2 banana	kitchen			Must be good today & not binge.
9:10am	2x black coffees	work desk			Hoping coffee will stop hunger & headache.
11:40am	Mountain bread with salad & tuna	work lunch room			usual lunch, trying not to be tempted by others eating hot chips. Being good!
2:45pm	6x chocolate biscuits	work lunch room	*		I scoffed these while no one was around. Starving, can't believe I couldn't stop at 1.
5:20-6:15pm	4x yoghurts 4x bread with nutella 3x ice-creams Packet lollies Coke zero 6x bread rolls with 1/2 jar of peanut butter 3 more ice-creams Block chocolate Coke zero	Home-kitchen	* * * * * * * *	✓    ✓	I knew I was going to binge before I even got home. I couldn't stop the urge & feel so disgusting now. I tried to be good and have yoghurt why am I so hopeless?
9pm	Protein shake + piece chicken + broccoli	Home kitchen			How can I still be hungry??? feeling fat, desperate & lonely. Failed again.