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CCEDS

Self monitoring

Why self-monitor?

Self-monitoring means writing down everything you eat or drink, and what is happening at the time. It helps because:

- It gives a clear picture of your eating patterns
- It increases awareness in the moment, making change possible

Accurate, real-time recording is essential.
This is not about perfection — it is about **noticing**.

General rules

- Start a new record each day
- Record items as soon as possible after eating or drinking
- Do not count calories
- Messy writing is fine — accuracy matters more than neatness
- Carry your monitoring sheet with you

Notes

Notes

How to fill in each column

1. Time

Write the time whenever you eat or drink anything.

2. Food & drink

- Brief, simple description (no calories)
- Write items down immediately after consumption
- Meals: put brackets around meals
- Snacks: do not bracket

3. Where?

Write where you were (e.g. kitchen, bedroom, car, café).

4. Excessive eating

Put an asterisk (*) next to any eating you felt was excessive at the time. This is your judgement, not anyone else's.

5. Score food anxiety

- Score the experience from 1 to 10 where 1 = super relaxed and no stress and 10 = most anxiety felt ever.

6. Thoughts, feelings, events

Write a brief note about:

- Thoughts or feelings about eating
- Events that influenced eating (e.g. stress, arguments)
- Anything important happening at the time

Try to write something every time you eat.

Day

Date / /

Time	Place	Food & Drink consumed

Comments	V/L	*

Day

Date / /

Time	Place	Food & Drink consumed

Comments	V/L	*

Day

Date / /

Time	Place	Food & Drink consumed

Comments	V/L	*