

Recording is vital for successful treatment. It will help you identify exactly which aspects of your behavior you need to change, what situations and foods are problematic for you; it will help you make changes as well as clearly identify positive changes. At this stage you need to record everything that you eat and drink. You will need to carry your records with you. Try to be as detailed as possible about portion sizes and ingredients of mixed meals.

- Column 1 is for noting the exact time of day you ate or drank a particular item. Write things down as soon as possible
- Column 2 is for giving as accurate a description as possible of what was consumed.

Record everything consumed. Identify meals with brackets.

- Write in the amount of food you eat “Bowl of cheerios with a cup of milk and banana”
 - Use measurements such as: fluid ounces, cup, gallon, liter, milliliter; ounce-weight, gram; teaspoon (jam, butter), tablespoon, 1 slice bread
 - If you list something as a “cup” (coffee or tea), “glass” (milk, beer, water) estimate the size of the container. If you list “bottle” or “can”, provide the measure listed on the container (12 or 16 fl oz etc).
 - You may also write in the quantity when the amount is obvious: 1 hamburger, 2 apples, 3 small/large cookies, small/ large serving of McDonald’s fries
 - Include the brand names of foods you eat
 - Write in the contents when appropriate: instead of “vegetable soup”, write “soup with carrots, vegetable broth, onion”, etc.
 - Be as specific as possible with method of preparation: fresh, frozen, stewed, fried, baked, canned, broiled, raw, etc.
 - For canned foods, include the liquid in which it was canned: “sliced peaches in heavy syrup”, “tuna in water”
 - Remember to record the amounts of visible fats you eat or use in cooking: oils, butter, salad dressing, margarine, etc.
 - List any beverages not included with your meals in the “Food” category. Include amount of water, soda, coffee, etc throughout the day
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- Column 3 is for noting where you were at the time. If at home, please note the room.
 - Place an asterisk in Column 4 beside anything you ate or drank that you viewed as excessive. This should be your personal perspective, not anyone else’s
 - Column 5 is for noting calories, if you choose to do so.
 - Column 6 is for noting other points of relevance: thoughts or feelings, circumstances, or context in which the eating occurred. Please note your weight in this column once a week.
 - Write in your emotions as well as energy and stress levels. Chart your ups and downs during the day. Depict a picture of the ebbs and flows of your day. Try to correlate the entries with the times listed on the left.
 - Record your level of hunger/satisfaction before and after eating.

TIME	FOOD/DRINK CONSUMED	*	PLACE	COMMENTS	CALORIES OR DIGESTIVE SYMPTOMS

* Is for either foods you think you may react to OR for if there was something about the situation that may be problematic for you (i.e. "over doing it")

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