



EATING AWARENESS TEMPLATE for Binge Eaters

Day _____ Date _____

Directions:

- Write down what you eat and when.
- Write down how you feel physically and emotionally.
- Place a check mark (✓) next to any food or drink choices that represent binge behavior for you.

Time	Food and Drink	How I Feel (Physically and Emotionally)	✓ (Binge)



Directions:

- At the end of each day, look at the foods and drink that led to out of control behavior. Write down the circumstances around your choices.
- It's a great idea to keep a journal or notebook next to you so you have additional space to write.

Binge Food/Drink	Detailed Notes

This template is based on the [Eating Awareness Journal for Binge Eaters](#), available on Amazon.com.