Pivot Behavioral Health
Food Log

Instructions: When you feel that you have binged, use this form to log your food intake. Start with the **situation**, so where were you, when was it, what was going on, and who were you with. Then rate how **hungry** you were *before* you started eating, where 0 = "Not at all hungry" and 10 = "Extremely hungry." **Pre Eating Emotions**: Any feelings you had just *before* you ate. **Food Consumed**: What you ate and how much. Place an asterisk (*) if it could be considered a binge. **Post Eating Emotions**: Any feelings you had just after you ate. **Compensatory Behaviors**: These are any things you do *after* eating to "compensate." This could be skipping a meal or some purging behavior, for example, vomiting.

Date: _____

Situation	Hunger Rating	Pre Eating Emotions	Food Consumed	Post Eating Emotions	Compensatory Behaviors	Notes

* **Binge**: Eating a large amount of food that was unintended and feeling out of control while eating.