

# Understanding Your Eating (Eating Disorders)

Date:

Day:

Time	Thoughts and Feelings Before Eating	Hunger	Food Eaten and Fluids	Fullness	Location	Thoughts or Feelings After Eating	B	L	V	E

Connections made between food, mood and appetite:

**B** = Binge  
**L** = Laxatives  
**V** = Vomit  
**E** = Exercise