**Food and Drink Diary**

Day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

**Please keep a record of everything that you eat and drink, noting the time and the context.**

**If you binge, please put a ‘B’ against the food that you ate.**

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| --- | --- | --- |
| **Time** | **Food and liquid consumed**   * Type and amount * Including alcohol | **Context**  (Where was I? Who was about? What was I doing?) |
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