

## Pivot Behavioral Health

### Food Log

**Instructions:** Use this form to log your food intake when you feel that you overate and were out of control when you ate. 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. Finally, there is a section to write down any **notes** if you have them.

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.