

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.

Time	Food and liquids consumed - type and amount - including alcohol	Context (<i>Where was I? Who was about? What was I doing?</i>)

If you vomit or take laxatives, please mark the diary with a 'V' or an 'L'