

Day _____

Date _____

| Time | Food and drinks consumed | Place | * | V/L/E | Context and comments |
|------|--------------------------|-------|---|-------|----------------------|
| | | | | | |

FIGURE 5.5. A blank monitoring record.

V = vomiting; L = laxative misuse; E = exercise.

Reproduced with permission from Online Training Program in CBT-E, CREDO Oxford, 2017.

“E” was added because excessive exercising is very common in adolescent patients with eating disorders.