| **Benefits of Quitting Binge Eating** | **Benefits of Continuing to Binge** |
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| **Costs of Quitting Binge Eating** | **Costs of Continuing to Binge** |
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| **Insights That Help You View Urges as Junk** |
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| Example: *If I relax my face when I'm experiencing a binge urge, it helps the urge feel more harmless.* |
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| **You**<br>(who you are apart from urges) | **Your Urges** |
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| **Experiences That Cause You to React and Your Typical Reactions to These Experiences** | **Things You Experience with Detachment and Why You Don't React** |
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| **Date/ Time** | **Urge Description** (physical sensations, thoughts, feelings) | **What You Did While the Urge Was Present** | **What You Learned** (what worked) |
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| **Date/ Time** | **Urge Description** (physical sensations, thoughts, feelings) | **What You Did While the Urge Was Present** | **What You Learned** (what worked) |
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| Date | Urge Frequency | Urge Intensity & Description | Other Notes About Your Urges |
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| Date | Urge Frequency | Urge Intensity & Description | Other Notes About Your Urges |
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| WEEKLY PLANNED EATING LOG | | | |
|---|---|---|---|
| **Meal** | **Time** | **Food** | **Place / Other Notes** |
| **DAY 1** | | | |
| **Breakfast** | | | |
| **Snack 1** | | | |
| **Lunch** | | | |
| **Snack 2** | | | |
| **Dinner** | | | |
| **Snack 3** | | | |
| **DAY 2** | | | |
| **Breakfast** | | | |
| **Snack 1** | | | |
| **Lunch** | | | |
| **Snack 2** | | | |
| **Dinner** | | | |
| **Snack 3** | | | |
| **DAY 3** | | | |
| **Breakfast** | | | |
| **Snack 1** | | | |
| **Lunch** | | | |
| **Snack 2** | | | |
| **Dinner** | | | |
| **Snack 3** | | | |

| WEEKLY PLANNED EATING LOG | | | |
|---|---|---|---|
| **DAY 4** | | | |
| **Breakfast** | | | |
| **Snack 1** | | | |
| **Lunch** | | | |
| **Snack 2** | | | |
| **Dinner** | | | |
| **Snack 3** | | | |
| **DAY 5** | | | |
| **Breakfast** | | | |
| **Snack 1** | | | |
| **Lunch** | | | |
| **Snack 2** | | | |
| **Dinner** | | | |
| **Snack 3** | | | |
| **DAY 6** | | | |
| **Breakfast** | | | |
| **Snack 1** | | | |
| **Lunch** | | | |
| **Snack 2** | | | |
| **Dinner** | | | |
| **Snack 3** | | | |

| **WEEKLY PLANNED EATING LOG** | | | |
|---|---|---|---|
| **DAY 7** | | | |
| **Breakfast** | | | |
| **Snack 1** | | | |
| **Lunch** | | | |
| **Snack 2** | | | |
| **Dinner** | | | |
| **Snack 3** | | | |

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| **CALORIE-MINIMUM EATING** | | |
|---|---|---|
| **Minimum Calorie Intake per Day: _____** | | |
| Day 1 | Day 2 | Day 3 |
| Day 4 | Day 5 | Day 6 |
| Day 7 | | |

**Physical Hunger Scale**

*adapted from Cookie Rosenblum, weight loss coach (realweightlossrealwomen.com)

–10 Starved

–8 Extreme hunger

–6 Serious hunger

–4 Strong hunger

**–2 Slight hunger**

**0 Neutral: not full, not hungry**

**+2 Comfortable, satisfied**

+4 Ate a little too much

+6 Uncomfortable, sluggish

+8 Stuffed, stomach may hurt

+10 In pain

***The goal is to eat at –2 and stop at +2, from a little hungry, to comfortably satisfied.***

| Day/Time | Hunger Level & Notes About Physical Sensations | Last Time/Food Eaten |
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