

| Insights That Help You View Urges as Junk |
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| Example: <i>If I relax my face when I'm experiencing a binge urge, it helps the urge feel more harmless.</i> |
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| <p>You (who you are apart from urges)</p> | <p>Your Urges</p> |
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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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| 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 | | |

