



# UK Therapy Guide

[uktherapyguide.com](http://uktherapyguide.com)

Tel: 0330 111 5227

Week Beginning: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

What type of food and/or drink did you consume?	Where are you? (Home, work, etc.)	How does your body feel?	What is your current mood and state of mind?	What is your current hunger level between 1 and 10? 1= A little or not at all 10= Very hungry	How did you make yourself feel better?	Please state your current mood and state of mind now	Did anything of interest or importance happen to you today?
<i>A cup of coffee and an apple.</i>	<i>I'm at home</i>	<i>I feel hungry, but I'm not sure I fancy anything more to eat.</i>	<i>I feel low and worried about eating more.</i>	<i>2</i>	<i>I went for a walk in the park and read my favourite book to stop myself worrying about food.</i>	<i>5</i>	

EXAMPLE

Date: \_\_\_\_\_ Time: \_\_\_\_\_

What type of food and drink are you consuming?	Where are you? (Home, work, etc.)	How does your body feel?	What is your current mood and state of mind?	What is your current hunger level between 1 and 10? 1= A little or not at all 10= Very hungry	How did you make yourself feel better?	Please state your current mood and state of mind again.	Did anything of interest or importance happen to you today?

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