



## Eating Disorder Behaviour: Tracking Chart

Name: \_\_\_\_\_ Height: \_\_\_\_\_

Goal weight range: \_\_\_\_\_

Visit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Date																				
Weight (kgs)	110																			
	105																			
	100																			
	95																			
	90																			
	85																			
	80																			
	75																			
	70																			
	65																			
	60																			
	55																			
	50																			
	45																			
	40																			
	35																			
	30																			
Menstruation																				
Restricting																				
Fasting																				
Exercise																				
Vomiting																				
Laxatives																				
Diuretics																				
Suppressants																				
Other:																				
Objective bingeing																				
Subjective bingeing																				
Objective overeating																				
Subjective overeating																				