

Weekly Check In

Eating Structure

Were meals generally regular this week

Were long gaps between meals reduced

Did I return to routine after deviations

What plans didn't work

Thought Patterns

Did I interpret small changes as failure

Did all or nothing thinking appear

Did I predict loss of control as certain

Did self judgement increase after eating

Binge Eating Urges

When did urges increase

Was hunger, stress, fatigue, or unstructured time involved

Did I pause before acting

Did I try a small action instead of binge eating

Stress and Eating

What stressors affected eating this week

Relationships and Environment

Were there comments or pressure around food

How did I plan for social eating

Small Adjustments for next week:

Date

Disclaimer: Life in Person provides peer support services and educational resources.

We are non-clinical and do not offer medical, psychological, or therapeutic treatment.

Our programs are designed to share lived experience, practical strategies, and community connection, not to replace professional care.



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Personal Reflection

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date

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