Appointment preparation checklist

A guide to help you talk about binge eating, your patterns and your support options with a health professional.

Current eating patterns

How often binge eating episodes happen

Time of day episodes usually happen

Situations or feelings that set off episodes

Times of dieting or eating very little

Physical health

Changes in weight over time (optional)

Sleep

Tiredness or low energy

Stomach or digestive symptoms

Medical conditions that may matter

Mental health

Changes in mood

Anxiety or worry

Stress levels

Negative self talk or thoughts

How it affects your daily life

Behaviour patterns

Eating in secret or alone

Eating very fast during episodes

Feeling out of control while eating

Guilt, shame or distress after eating

Notes:

Date:

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A guide to help you talk about binge eating, your patterns and your support options with a health professional.

History

How long symptoms have been there

Things you have tried to manage your eating

Past therapy or treatment

Past medication, if it matters

Current support

- [ ] Therapy or peer support
- [ ] Family or friends
- [ ] Support groups or recovery programs
- [ ] Self guided
- [ ] No support right now

Goals for the appointment

- [ ] Understand a diagnosis or assessment
- [ ] Talk about treatment options
- [ ] Get a referral to an eating disorder specialist if needed
- [ ] Make a treatment or care plan

Notes

Space for you or your health professional to write notes, recommendations or next steps.

Notes

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Appointment preparation checklist

This checklist is a guide to help make sure the important things are covered at a GP or therapist appointment.

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