



# Weekly Balance Sheet, 1<sup>st</sup> month

*For the first month, fill out this form every week:*

1. Do you recognize your food signals? (hunger, taste, satisfaction, satiety)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
2. Do you manage to eat by letting yourself be guided by these signals?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3. Why do you stop eating? It's because...  a) You're afraid you'll get fat b) Your plate is empty or you've finished what was on the table c) You've come to satiation or a little before		
4. Do you fill out the Food Journal every day?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
5. Are you becoming more and more aware of your food consumption, i.e. you no longer eat automatically or to protect yourself from unpleasant thoughts or emotions?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
6. In terms of what you eat and how fast you eat, <b>what thoughts</b> did you have while reading your Food Journal entries?  ..... ..... ..... ..... .....		
7. In terms of what you eat and how fast you eat, <b>what emotions or feelings</b> did you have while reading your Food journal entries? (As a reminder, emotions are fear, sadness, joy, anger, surprise and disgust.) Did you feel guilty or ashamed?  ..... ..... ..... ..... .....		

- Congratulate yourself on the progress you have made if you have answered "Yes" to questions 1, 2, 4 and 5.
- If you answered "no" to any of these questions, repeat the reading of the topics concerned. Do you need the help of a therapist in order to continue?
- In question 3, if you did not answer "You've come to satiation or a little before", reread the paragraphs in the book dedicated to body signals, hunger, satiation and satiety.
- Don't trivialize your advance and progress. They need to be considered and maintained in order to reach your weight loss goal and not getting fatter. For example, you can write them down somewhere (post-it notes on the fridge, the closet, the desk, in your diary...)!