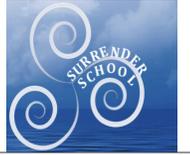




JOURNAL



Date:

Time:

What did you eat?

What were you doing before you ate?

What were you thinking before you ate?

What were you feeling?

Were you physically hungry?

Did you purge or get rid of the food in some way?



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