

7 Steps to Get Off Sugar and Carbs Course

Step 3 Handout: Binge Eating Tracker

Every time you binge, record the incident in the following Binge Eating Tracker chart. The items on the right side of the chart are for tracking your symptoms after you overate. Add a Y for yes and N for no for those items. Recognize if there is a correlation between energy level, mental clarity, and mood after bingeing. Also, note whether you experienced any digestive discomfort.

Determine your feelings before you binged and what temptation led you down that path. Did something trigger the episode? Figure out your trigger and record it in the Temptation/Struggle Log. After a while you may find a pattern—the same sort of situation or item tempts you. When you understand what entices you, you can learn to avoid it.

After bingeing, ask God to forgive you and help you not to binge again. Record your experience in the blank pages of the sixth or seventh day of each week's journal. These pages are left blank to allow space for you to journal your thoughts and concerns.

If you record every incident of overeating in the following Binge Eating Tracker you will reduce the number of times you binge. Retraining your mind is like disciplining a child; consistency is vital to transformation. Ask God to help you along the way and he will.

Let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

Hebrews 12:1

[illegible]