



The Yellow Book

A Journal for Conscious Eating



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This is the Yellow Book, a 91 day journal for conscious eating. It's called the Yellow Book because we bound the original paper versions in a yellow leatherette folder.

What exactly is this book?

For one thing, it's a guided, three month journal in which you visually explore your thoughts and feelings about managing your eating and weight. More than just a feelings journal though, because we ask you to visualize what you write, the Yellow Book is also a form of guided meditation, a sort of spiritual journey you can take in order to identify some of what has blocked your ability to eat consciously.

So is the Yellow Book a diet?

No. It is not a diet. In fact, you can eat whatever you want, whenever you want. As long as you do your best to consciously witness yourself doing these things.

So how can some people who have done the Yellow Book have lost weight?

The people who have lost weight have lost it mainly because they have become more conscious in and around food and eating and here, the important word to grasp is, "conscious." You see, unlike what many people might assume I mean by this word; that you make better choices as to what and how much you eat; the "consciousness" I am referring to here is the "consciousness" you arrived with at the moment of your birth; your "baby consciousness."

Your "baby consciousness?"

Yes. Why? Because if you think about it, babies do not need to diet. Their bodies function fine even when they eat imperfectly. How? They live in an elevated state of consciousness and so, by nature, they eat consciously without effort. Translation. Because they are more conscious to begin with, their bodies process food differently than adults, more effectively and with less effort.

So what happened to this native ability; this "baby consciousness?"

Most people lose this ability somewhere between age three and four. Thus, by age four, most people become less conscious in and around eating and food. In other words, most people by four eat without knowing they are eating.

So what happens to you if you reclaim some of your ability to remain conscious in and around food and eating?

Your body begins to access the healthy programming you were born with, and the more your body processes food the way it did when you had access to this healthy programming, the more you respond to food in healthy ways.

What actually changes?

Some people feel more at ease with their hunger. Certainly, they become more aware of when they are actually hungry. This means they respond to feeling hungry more consciously and so, make better choices as to when and how quickly they eat.

What also happens is that some people learn to sense fullness again, the real way, through conscious experience as opposed to mere mental awareness or will power. Sensing fullness consciously means you require little if any effort to stop eating when you feel full. You simply respond to food like the baby you once were; you stop eating when you've had enough.

Another thing that can happen is that some people reclaim some of their ability to taste food. And since healthy food usually tastes better, this means some people end up eating healthier because they come to like the taste of healthy food more.

Is this true? Does healthy food taste better?

Yes. But only if you taste food normally. Thus, a part of what children lose by four is their conscious ability to taste food. Result? They eat unconsciously because their sense of taste has become dulled. This means people need more taste to even taste anything and so, strongly spiced or strongly flavored foods taste better. Why? Because if your taste is dulled, you require that much more taste to even know you are eating.

Can you reclaim your ability to taste? Absolutely. And reclaiming a normal sense of taste is one of the more important parts of conscious eating.

Perhaps the most important change, though, is how you come to feel about managing your weight and eating. You see, the more "baby" consciousness you reclaim, the more you come to naturally love managing your food, weight and fitness, including that you make peace with things like your imperfect weight range and your less than perfect diet. Why? Because the more baby consciousness you reclaim, the less these things matter, at least as things you hate or criticize in yourself.

Am I saying these things won't matter? Of course not. I am simply saying that the more baby consciousness you reclaim, the more you respond to these things with love and compassion. And this holds true whether you'd like to lose weight or not, which means, even if you are happy with your weight, you can gain health by eating consciously.

As for the actual format of the book itself, it's basically organized into three parts: [1] record keeping; [2] exploring your attitudes, and [3] consciously observing your present day behaviors in and around food, weight, and eating.

Where do you begin?

You begin by filling out the "day before" page. First, you also weigh yourself within the first half hour of this day, then write your weight in the box in the upper left side of the page. Next you write and draw what you think will happen over the next 91 days. Finally, you draw what you'd like to have happen. That's it.

What does this do?

It creates a baseline sense of how you feel about your weight and eating. It also records your starting weight, again, a baseline. Of course, the main thing you'll be beginning will be to focus on becoming a loving observer of what comes up in you as you explore these things.

Do you feel nervous? Scared? Certain you'll gain nothing? Excited? Hopeful? Skeptical? Blank?

More important, what do you picture? Failing. Succeeding without effort? Making gains you've been wanting to make? Learning to love managing your weight?

These observations; the meditative aspects of the Yellow Book; are the heart and soul of the whole process, and it is through these loving observations that your injuries in and around food, weight, and eating begin to emerge.

What's next?

The following day, you begin the actual journal work itself, beginning with the page in the above link list titled "AM week 1."

And if you look over the page, what you'll notice is, each AM page has seven sections, each section containing a daily question with a weight box to left of this question.

Try to answer these questions before you weigh yourself. Then weigh yourself, again, within the first half hour of the day each day and at the same point in your daily routine, e.g. right after showering.

Record your weight in the box on the left. Then go to the PM week 1 page and read the weekly question.

What you'll notice is, all the PM pages have a weekly question which you will be exploring during the course of this week. In all, then, you will explore thirteen questions over the thirteen weeks.

What do you do with these questions? Basically, you try to be mindful of the week's question on and off throughout your day. Then, when you get a chance, record whatever you discover, hopefully doing this as you go. Then, at each day's end, circle one of the five "today I ate" measures, using your Day 0 as your baseline "middle number" (your number 3).

Finally, at the end of each day, transfer your weight and your "today I ate" number to the overall summary page, adding an additional number for how active you were, again a 1 - 5 number with 3 being your level of activity from day 0.

That's it. Now simply follow the instructions in this book for the next ninety one days. And if you'd like to give this book to a friend, you'll find a download link on our site..

Questions? Many questions can be answered by reading the articles posted on our site, located at <http://TheEmergenceSite.com>. But if you are someone who would prefer more personal attention, please know we welcome your questions and your discoveries as well. Again, contact us there.

Either way, we hope that you find our Yellow Book helpful and that by doing it, you, too, can reclaim some of the beauty you once felt in and around managing your eating and your weight. Remember, this beauty is already in you, just waiting to be reawakened. So have faith in yourself. You can do it.

Good luck,

Steven



Day Before Starting: Picture what you think this whole experience will be like, from start to finish, writing down as much of the story as you can imagine. Pay particular attention to what you think your chances are to heal and reach your goals.

<p>today's AM weight is:</p> <p>Day 0</p>	<p>My Goals:</p>
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My "Starting" Picture:



Week One: My Thoughts on Weight (exploring my attitudes regarding weight)

today's AM weight is:	I think people who weight more than the "officially sanctioned weight" are:
Day 1	
Day 2	Words that I use to describe people who weight more than the "officially sanctioned weight" are:
Day 3	Words that I use to describe me and my weight are:
Day 4	When I see the number of my weight on a scale, I feel / think:
Day 5	When I saw the number of my weight on the scale this morning, I felt / thought:
Day 6	When I compare the number of my weight on the scale this morning to the weights of others in my family and to my friends' weights, I feel / think:
Day 7	Day Seven. When I saw the number of my weight on the scale this morning, I felt / thought:

**Week One Focus: I noticed I hurried today when I:
(name something you did right before, during or right after eating)**

Day 1	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 2	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 3	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 4	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 5	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 6	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 7	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



Week Two: My Thoughts on Weight Change (examining my attitudes about weight changing)

today's AM weight is: Day 8	If the number on the scale reads higher today, I think / feel:
Day 9	If the number on the scale reads lower today, I think / feel:
Day 10	If someone else tells me they gained weight, I think / feel:
Day 11	If someone else tells me they lost weight, I think / feel:
Day 12	The clothing size I most do not want to reveal about myself is:
Day 13	If the number on the scale this AM is higher than yesterday, I attribute this change to:
Day 14	Day Fourteen. When I saw the number of my weight on the scale this morning, I felt / thought:

**Week Two Focus: I noticed I was absent today when I:
(name something you do right before, during or right after eating)**

Day 8	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 9	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 10	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 11	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 12	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 13	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 14	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



Week Three: My Thoughts on Weight and Health (examining my ideas regarding weight and health)

today's AM weight is: Day 15	If the number on the scale reads higher today, this means my body / health / life span will:
Day 16	If the number on the scale reads lower today, this means my body / health / life span will:
Day 17	If someone else tells me they gained weight, this means their body / health / life span will:
Day 18	If someone else tells me they lost weight, this means their body / health / life span will:
Day 19	The body measurement I most do not want to reveal about myself is:
Day 20	If the number on the scale this AM is higher than yesterday, I attribute this change to:
Day 21	Day TwentyOne. When I saw the number of my weight on the scale this morning, I felt / thought:

Week Three Focus: I Hate it When I:
(name something you do right before, during or right after eating)

Day 15	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 16	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 17	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 18	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 19	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 20	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 21	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



Week Four: My Thoughts on Weight Change (examining my attitudes regarding weight loss)

today's AM weight is: Day 22	I think I will be able to change my weight range by:
Day 23	If the number on the scale reads higher today, I think / feel I must have [what I did] :
Day 24	If someone else tells me they gained weight, I think / feel they must have done [what they did] :
Day 25	If someone else tells me they lost weight, I think / feel they must have done [what they did] :
Day 26	If I lose weight, the only way I can keep it off is by:
Day 27	If the number on the scale this AM is higher than yesterday, I attribute this change to:
Day 28	Day TwentyEight. When I saw the number of my weight on the scale this morning, I felt / thought:

Week Four Focus:
Today, I noticed the taste of OR I did not notice the taste of:
(name something you did or did not taste)

Day 22	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 23	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 24	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 25	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 26	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 27	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 28	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



Week Five: My Thoughts on Weighing Myself (examining my comfort levels regarding weighing myself)

today's AM weight is: Day 29	When I thought about having to weight myself again today, I thought / felt:
Day 30	When I think about having to weight myself again tomorrow, I think / feel:
Day 31	When I think about having to tell someone else my weight, I think / feel:
Day 32	When someone asks me if I've gained or lost weight, I think / feel:
Day 33	The times during the day at which I commonly think of my weight number are:
Day 34	If the number on the scale this AM is higher than yesterday, I ... [what you do during this day]:
Day 35	Day ThirtyFive. When I saw the number of my weight on the scale this morning, I felt / thought:

Week Five Focus: Today, I Felt:
(name your emotions right before, during and right after eating)

Day 29	<p>(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual</p>
Day 30	<p>(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual</p>
Day 31	<p>(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual</p>
Day 32	<p>(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual</p>
Day 33	<p>(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual</p>
Day 34	<p>(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual</p>
Day 35	<p>(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual</p>



Week Six: My Thoughts on Clothing & Diet (exploring how I predict my weight will change)

today's AM weight is: Day 36	If I could always eat the perfect diet, I think / feel my weight would:
Day 37	If my clothes feel tighter today, I think / feel:
Day 38	If my clothes feel looser today, I think / feel:
Day 39	If I ate a lot of high sugar content and / or high fat content foods yesterday, I think / feel:
Day 40	If I see someone I love eat a lot of high sugar content and / or high fat content foods, I think / feel:
Day 41	If I eat a lot of high sugar content and / or high fat content foods today, I believe my weight number will be:
Day 42	Day FortyTwo. When I saw the number of my weight on the scale this morning, I felt / thought:

**Week Six Focus: I noticed I Felt Compelled to:
(name something you did before, during or after eating)**

Day 36	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 37	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 38	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 39	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 40	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 41	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 42	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



Week Seven: My Thoughts on food and love (examining my feelings regarding weight and being loved)

today's AM weight is: Day 43	If I could always eat the perfect diet, people would love me [more, less, differently]. Describe:
Day 44	When I eat in front of someone, I:
Day 45	If I eat a lot in front of someone thin, I think / feel:
Day 46	If I can successfully control what I eat during the day [week, month, all week long], I think / feel I am:
Day 47	If I loved myself more, I would [how, if at all, would your eating change?]:
Day 48	If I received the love I've always wanted, I would [how, if at all, would your eating change?]:
Day 49	Day Forty Nine. When I saw the number of my weight on the scale this morning, I felt / thought:

**Week Seven Focus: I noticed I did damage control to:
(name something you prevented yourself from doing before, during
or after eating)**

Day 43	(circle one:) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 44	(circle one:) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 45	(circle one:) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 46	(circle one:) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 47	(circle one:) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 48	(circle one:) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 49	(circle one:) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual



Week Eight: Things I hate about Eating and Food (exploring my Blocks in and around meals)

today's AM weight is: Day 50	The worst mealtime I ever endured was:
Day 51	As a kid, the foods I hated to be forced / encouraged / pressured to eat most were:
Day 52	The most embarrassing / shaming thing that ever happened to me at a meal time was:
Day 53	The foods I hate most are:
Day 54	The things I hate most about eating are:
Day 55	If asked to rate my diet in terms of health, I would say it is:
Day 56	Day Fifty Six. When I saw the number of my weight on the scale this morning, I felt / thought:

**Week Eight Focus: tell a meal time story:
(picture & briefly describe one childhood meal each day)**

Day 50	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 51	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 52	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 53	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 54	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 55	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 56	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



Week Nine: Things I hate about Myself and Food (looking for more injuries in and around eating)

today's AM weight is: Day 57	The most out of control episode with food I ever had was:
Day 58	As a kid, at meal times, the thing I was most embarrassed or ashamed about was:
Day 59	The most frightening thing that ever happened to me at a meal time was:
Day 60	The parts of my body I am learning to love most are:
Day 61	The things I would never want to teach children about eating are:
Day 62	If asked to rate my over all health, I would say it is:
Day 63	Day Sixty Three. When I saw the number of my weight on the scale this morning, I felt / thought:

Week Nine Focus: exploring hunger

(For these seven days, try to (for at least one meal) delay eating by at least one half hour past when you experience hunger signals. Each day, write what this experience is like.)

Day 57	(circle one.) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 58	(circle one.) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 59	(circle one.) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 60	(circle one.) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 61	(circle one.) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 62	(circle one.) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual
Day 63	(circle one.) Today, I ate: [1] a lot less than usual [2] less than usual [3] the usual [4] more than usual [5] a lot more than usual



Week Ten: Exploring my levels of shock in and around weighting myself.
(measuring my discomfort regarding weighting myself)

today's AM weight is: Day 64	As I approached the scale this morning, I thought / felt:
Day 65	Invite someone to watch you weigh yourself close enough to read the scale. Write what that was this like:
Day 66	Imagine you are weighing in in front of a trainer at a health spa. Write down your reactions:
Day 67	If I could lose [] pounds, I'd be happy (fill in the blank, then write what you'd feel if you never got there:
Day 68	The times I feel the most self love in and around my weight have been / are:
Day 69	If I could change the way the world feels about weight in general, I would:
Day 70	Day Seventy. When I saw the number of my weight on the scale this morning, I felt / thought:

Week Ten Focus: exploring my ability to not think about eating
(For these seven days, try, in between meals, to not think at all about eating. Each day, write about how successful you were and what this experience was like.)

Day 64	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 65	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 66	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 67	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 68	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 69	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 70	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



**Week Eleven: more things I hate about myself and food:
"sharing my food"
(exploring for "food poverty")**

today's AM weight is: Day 71	Today, tell someone other than someone you live with what you weighed this AM. What did you think / feel?:
Day 72	Today, at at least one meal, offer someone else some of your favorite part of this meal. What was this like?:
Day 73	Today, save some of what you have at at least one meal and offer it to a non-human (birds, a dog, etc.) Watch this being eat your offering. What did you think / feel about what you shared?:
Day 74	Try to remember being told, as a child, to share some of your meal with someone else. What do you remember?:
Day 75	The person I would least like to share a meal with is:
Day 76	The person I would most enjoy sharing a meal with is:
Day 77	Day Seventy Seven. When I saw the number of my weight on the scale this morning, I felt / thought:

Week Eleven Focus: memories in and around how my father ate
(For these seven days, each day, tell a story about how your father ate.)

Day 71	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 72	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 73	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 74	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 75	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 76	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 77	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



Week Twelve: People, Places, and Things (examining how who, what, & where I eat affect my eating)

today's AM weight is: Day 78	The time or place I least like eating at or in is:
Day 79	The time or place I most like eating at or in is:
Day 80	The kind of person / people I most like eating with is / are:
Day 81	The kind of person / people I most dislike eating with is / are:
Day 82	The person / people I most like eating with is / are:
Day 83	The person / people I most dislike eating with is / are:
Day 84	Day Eighty Four. When I saw the number of my weight on the scale this morning, I felt / thought:

Week Twelve Focus: memories in and around how my mother ate
(For these seven days, each day, tell a story about how your mother ate.)

Day 78	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 79	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 80	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 81	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 82	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 83	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 84	(circle one.) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



Week Thirteen: Control, Humor & Teaching Children (examining my food and weight attitudes one more time)

today's AM weight is: Day 85	The time or place I have the least control over how and what I eat is:
Day 86	The time or place I have the most control over how and what I eat is:
Day 87	The funniest thing that ever happened to me at a meal time was:
Day 88	The saddest thing that ever happened to me at a meal time was:
Day 89	The things I would least love to teach mine or others' children about eating are:
Day 90	The things I would most love to teach mine or others' children about eating are:
Day 91	Day Ninety One. When I saw the number of my weight on the scale this morning, I felt / thought:

Week Thirteen Focus: exploring the future

(Close your eyes and for at least ten minutes, picture the self you would like to be, eating what and how you would like to be eating at the weight you would like to weigh. Each day, write what this experience is like.)

Day 85	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 86	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 87	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 88	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 89	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 90	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual
Day 91	(circle one:) Today, I ate: [1] a lot less than usual [2] less then usual [3] the usual [4] more then usual [5] a lot more then usual



Day 91: Picture this whole experience, from start to finish, writing down as much of the story as you can. Pay particular attention to what you can not recall and or what you do not want to write down (use more paper if necessary).

today's
AM
weight is:

Day 91

A large, empty rectangular box intended for writing the story.



91 Day Weight, Food & Activity Level Chart

for **Food** and **Activity Level**, enter a number from 1 - 5 based on:

- [1] a lot less than usual
- [2] less than usual
- [3] the usual (my day 0 baseline)
- [4] more than usual
- [5] a lot more than usual

Name:

	Weight	Food	Active Level
Day 0		3	3

Date:

Day 1			
2			
3			
4			
5			
6			
7			

Date:

Day 8			
9			
10			
11			
12			
13			
14			

Date:

Day 15			
16			
17			
18			
19			
20			
21			

Date:

	Weight	Food	Active Level
Day 22			
23			
24			
25			
26			
27			
28			

Date:

Day 29			
30			
31			
32			
33			
34			
35			

Date:

Day 36			
37			
38			
39			
40			
41			
42			

Date:

Day 43			
44			
45			
46			
47			
48			
49			

Date:

Day 50			
51			
52			
53			
54			
55			
56			

Date:

	Weight	Food	Active Level
Day 57			
58			
59			
60			
61			
62			
63			

Date:

Day 64			
65			
66			
67			
68			
69			
70			

Date:

Day 71			
72			
73			
74			
75			
76			
77			

Date:

Day 78			
79			
80			
81			
82			
83			
84			

Date:

Day 85			
86			
87			
88			
89			
90			
91			