**10.1. How my progress is going**

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| **MOPED elements** | **Not Going well** | **Going Reasonably well** | **Going Well** |
| Taking time to review progress |  |  |  |
| Monitoring |  |  |  |
| Regular planned weighing only |  |  |  |
| Planning regular eating |  |  |  |
| Not eating in between |  |  |  |
| Giving treatment priority |  |  |  |
| Compensating for eating : Purging e.g., vomiting  |  |  |  |
| Exercise  |  |  |  |