|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date | Time | Where / With Who  | Food and Drink Consumed | B / P | If B or P why? What have I learned? |
|  |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**B: Binge, P: purge (explain what kind)**