

# Diet's Don't Work®

## Food Calendar

Month \_\_\_\_\_

Keep track of your eating behaviors using the symbols. After doing this for a month, total the days you have marked with a  $\checkmark$  for the Good Food Days. See your progress over the months ahead. Good Days this Month **TOTAL** \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

$\checkmark$  = Good Food Day

X= Bad Food Day

B= Binged x \_\_\_

P= Purged x \_\_\_

R= Restricted