

Worksheet for Clients

Name _____ Date _____

Behavioral Tracking

Overview

Behavioral tracking involves keeping a record of your habits and actions, including relevant factors such as your mood, thoughts, sensations, and external stimuli. This can help you to identify patterns and triggers that may be contributing to unhealthy habits.

Keep in mind:

- Use this worksheet to record habits.
- Be honest and accurate in tracking, even if you're not proud of some of your choices.
- Review your tracking regularly to identify patterns and triggers, and use this information to make small, meaningful changes.

Exercise 1 Binge Episodes

Objective: to become aware of factors that are influencing binge episodes.

If you've experienced a binge episode, mark the day with a "B" and identify the factors that led to it.

Example factors:

- Was it emotional eating?
 - I was sad, angry, or anxious.

1 | ACT | This tool was provided by _____

- Was it because of certain food rules or thoughts?
 - If I eat, I won't feel alone.
- Was it because of social interactions?
 - I fought with my partner.
- Was it because the food was available, "just there"?
 - Leftovers from a party.

| Date | Binge Episode | Emotions | Thoughts | Other Factors |
|------|---------------|----------|----------|---------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Exercise 2 Small Changes

Objective: to start with simple, achievable actions to help you reach your values-based goals.

Examples:

Activities

- Stretch for three minutes in the morning.
- Read five pages of a book every night.
- Say “Hi” to one neighbor every day.

Values

- Health and activity
- Skillfulness and knowledge
- Connection and relationships

a) Write down three values that you consider to be core in your life.

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |

b) Write down three short activities that can help to create habits more aligned with your values and a meaningful life.

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |

- c) Choose one activity and add it to your schedule. It is best to put it right after a habit you have already established. For example, stretch for three minutes after you make your bed.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--------|---------|-----------|----------|--------|----------|--------|
| 6:00 | | | | | | | |
| 7:00 | | | | | | | |
| 8:00 | | | | | | | |
| 9:00 | | | | | | | |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |
| 13:00 | | | | | | | |
| 14:00 | | | | | | | |
| 15:00 | | | | | | | |
| 16:00 | | | | | | | |
| 17:00 | | | | | | | |
| 18:00 | | | | | | | |
| 19:00 | | | | | | | |
| 20:00 | | | | | | | |
| 21:00 | | | | | | | |

| | | | | | | | |
|-------|--|--|--|--|--|--|--|
| 22:00 | | | | | | | |
| 23:00 | | | | | | | |

d) Track your progress and evaluate your small goals. Mark the days on which you completed your goals with an “X”. If a goal is not working for you, you can always modify it.

Week 1 – Date:

| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Week 2 – Date:

| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Week 3 – Date:

| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Week 4 – Date:

| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |