Purging Log

If you engage in purging behaviors, tracking instances of purging can help increase your awareness and identify patterns. Use the following chart for two weeks, note the date and time, location, and any triggers. Note the methods used and the frequency. Finally, write down physical or emotional consequences you experienced. Describe the methods you used to purge, and the number of times you purged.

Date and Time	Location	Triggers	Method(s) Used	Frequency	Physical/Emotional Consequences
Total Days Recorded:				Total:	