Accessing the SMT on Your Phone.

Feel free to complete your self-monitoring tool on a printed copy, computer, tablet, or mobile device – choose the method that suits you best. For those opting to use a mobile device, please follow the instructions provided below.

➤ iPhone:

iPhones have the built-in ability to edit PDF documents–there is no need to download a separate app.

1. Open the PDF file.
2. Click the "Share" icon.
3. Scroll down and select "Save to Files."
4. Select the folder where you'd like to save the PDF, then click "Save" in the top right corner. The "Downloads" folder is the default.
5. Open the "Files" app and locate the saved PDF. Tap to open.
6. Tap the "Fill" icon located at the bottom right of the screen.
7. This will highlight all of the fillable fields. From here, simply tap in a field to begin entering text. Your entries will be auto-saved.

➤ Android:

To edit PDF documents on an Android device, you must have a PDF viewer app installed. We recommend the free Adobe Acrobat Reader: Edit PDF. Click the link to download the app from the Google Play Store.

1. Open the PDF file.
2. Download the PDF to your device.
3. Open the Adobe Acrobat app and press the plus sign ➕ at the bottom of the screen.
4. Select "Open File." Find and open the PDF.
5. Tap in a field to begin entering your text.
6. To save the text you've entered, tap outside of the field. The application will auto-save your entries.

Purpose

Self-monitoring helps you identify patterns in your thoughts, feelings, and behaviors. Writing things down ensures you capture important details that might otherwise be forgotten.

Types of Self-Monitoring Tools at Equip

1 The Self-Monitoring Tool

Includes columns for:
- Time: AM/PM
- Consumption: foods, liquids, etc.
- Place: where you were when eating
- Eating disorder behaviors key:
  * personal belief consumption was excessive, V - vomit, L - laxatives (include amount), D - diuretics (include amount), E - exercise
- Thoughts & Feelings
- Allows for detailed, open-ended entries

2 The Self-Monitoring Tool + Tracker

Includes:
- Columns to document consumption throughout the day
- Journaling space to share thoughts, feelings, and events related to consumption
- Checkboxes for quick tracking of emotions and behaviors
- Asks for a daily summary of thoughts, feelings, and behaviors
- Provides more structure and suggestions for tracking

Best Practices

Record promptly:
Write down everything you eat and drink soon after consumption.

Be thorough:
Record any noteworthy occurrences related to your eating patterns.

Keep it accessible:
- Have your tool or tracker with you at all times.
- Use a paper copy or a digital version on your phone.
- Distinguish between meals and snacks:
- Use [brackets] to identify meals.
- Leave snacks and other eating episodes unbracketed.

Remember: The goal is to gather accurate, comprehensive data about your eating habits and associated thoughts and feelings. This information will be valuable for your process.

Self-Monitoring

Day: Date:

Time	Food and Drink Consumed	Place	*	V/L/ D/E	Context and Comments

Self-Monitoring

Day: Date:

Time	Food and Drink Consumed	Place	*	V/L/ D/E	Context and Comments

Self-Monitoring

Day: Date:

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Self-Monitoring

Day: Date:

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Day: Date:

Time	Food and Drink Consumed	Place	*	V/L/ D/E	Context and Comments

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Self-Monitoring

Day: Date:

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