

1 Week 1 Month 3 Months 6 Month Other _____ (Tick appropriate time frame)

Dates from: / /

to: / /



CREATED BY SARAH - LOUISE MCKENZIE

Examples of Categories: RAVES (eating Regularly, Adequately, Variety, Eating Socially, and Spontaneity); Grocery Shopping; Preparing Meals; Relationships, Family, Social; Recovery; Physical Activity; Body Image; Study; Work; Health; Values; Personal Growth; Spiritual; Creative Expression; Community Service.