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## Summary of Progress: Mid-Treatment to Completion

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### Phase 1 Skills

Number meals per week mid-treatment \_\_\_\_\_  
Number of meals currently \_\_\_\_\_  
Number snacks per week mid-treatment \_\_\_\_\_  
Number of snacks currently \_\_\_\_\_  
Number of days *at least* 3 meals, 2 snacks mid-treatment \_\_\_\_\_  
Number of days *at least* 3 meals, 2 snacks at completion \_\_\_\_\_  
Number of days exactly 3 meals, 2 snacks mid-treatment \_\_\_\_\_  
Number of days exactly 3 meals, 2 snacks at completion \_\_\_\_\_  
Improvement in days eating 3 meals, 2 snacks \_\_\_\_\_  
Number of weeks weighed one time \_\_\_\_\_  
    Mid-treatment \_\_\_\_\_  
    At completion \_\_\_\_\_  
Mid-treatment use of alternative activities \_\_\_\_\_  
Use of alternative activities at completion \_\_\_\_\_  
                          1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5  
                          much worse                      no change                      much better  
Rating of mastery in managing eating situations (1-5)  
    Mid-treatment \_\_\_\_\_  
    At completion \_\_\_\_\_

### Phase 2 Skills

Number of feared foods incorporated each week mid-treatment \_\_\_\_\_  
Number of feared foods incorporated each week at completion \_\_\_\_\_  
                          1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5  
                          much worse                      no change                      much better  
Ability to challenge problem thoughts (1-5) \_\_\_\_\_  
Ability to work through problem situations (1-5) \_\_\_\_\_  
Improvement in body-image concerns (1-5) \_\_\_\_\_  
If overweight:  
Number of days per week exercised  
    Mid-treatment \_\_\_\_\_  
    At completion \_\_\_\_\_  
                          1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5  
                          much worse                      no change                      much better  
Reduction in fat intake (1-5)  
    Mid-treatment \_\_\_\_\_  
    At completion \_\_\_\_\_  
                          1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5  
                          much worse                      no change                      much better