## Treatment sessions

### Application (baseline questionnaire)

#### Part 1

1. Welcome  
2. Register daily eating behavior (assignment 1)  
3. Description of eating moments (assignment 2)  
4. Analyzing eating situations (assignment 3)  
5. Advantages and disadvantages (assignment 4)  
6. Top three  
7. Personal advice  

#### Part 2

1. Setting goals (assignment 5)  
2. To part 2  
3. Breaking habits  
4. Changing thoughts (assignment 6)  
5. Psycho-education or exercise  
6. Changing behavior (assignment 7)  
7. Psycho-education or exercise  
8. Who am I (assignment 8)  
9. Psycho-education or exercise  
10. Decisions (assignment 9)  
11. Psycho-education or exercise  
12. Writing an action plan (assignment 10)  
13. Psycho-education or exercise  
14. Completion of treatment (post-test questionnaire)

### Aftercare (optional)

1-6 Response to the participants’ messages and the information registered in the eating diary