

TRANSFORM YOUR EATING HABITS WORKSHEET

Trigger

When I'm tired. usually in the afternoon around 2-3 pm.

What do I need/ Why am I eating?

A break from work.
Likely activity.

What can I do instead?

Give myself permission to take a break. Do something active. Listen to music.

How can I set myself up for success?

Eat a light lunch. I get more tired when I eat something big for lunch. Schedule a walk date in the afternoon so I get out or have a podcast or audio book ready to go so I'm excited to walk. Pack my walking shoes and rain clothes to work so I'm prepared. Pack something healthy for an afternoon snack if I'm hungry.

Trigger

Packing lunch for my kids.

What do I need/ Why am I eating?

Not hungry but I think 'it doesn't count' because it's just a few bites, etc.

What can I do instead?

Still need to pack lunch but change my environment so I'm not eating.

How can I set myself up for success?

Make sure I'm not hungry while making the lunches. Drink tea while packing lunches and listen to music. Music makes me feel good and I'm more likely to listen to my body and want to eat well when I feel good. I can also write a note to myself on my fridge as a reminder.