

# Mindful Eating Weekly Challenge

## Step 1: Choose a mindless eating behavior you want to change

- Eating too fast
- Overeating/ignoring hunger cues
- Eating all day long (Grazing)
- Eating when not hungry



## Step 2: Use these tips to modify your behavior

Eating too fast	Overeating/ignoring hunger cues	Eating all day long (Grazing)	Eating when not hungry
<ul style="list-style-type: none"><li>• Eat with chopsticks</li><li>• Eat with less dominant hand</li><li>• Make meals last 30 minutes</li><li>• Chew your food, each bite 10-15 times</li></ul>	<ul style="list-style-type: none"><li>• Use smaller plates, bowls, glasses and containers</li><li>• Use smaller utensils</li><li>• Take smaller bites</li><li>• Use the hunger scale</li></ul>	<ul style="list-style-type: none"><li>• Sit at the table for each meal</li><li>• Plan out meals and snacks ahead of time</li><li>• Eat only planned snacks</li></ul>	<ul style="list-style-type: none"><li>• Avoid eating in front of electronics</li><li>• Ask yourself: why are you eating? The answer should be hunger (not: boredom, routine or thirst)</li></ul>

## Step 3: Keep track of your mindful eating

Use the chart on the next page to keep track of your meals and mindful reflections



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## Keeping track

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Your Mindful Behavior is: \_\_\_\_\_

Make a check mark in the box if you followed your mindful eating tips for that meal.  
Reflect on challenges, progress and how you felt using these tips.

Day of the Week	Breakfast	Lunch	Dinner	Snacks	Reflections
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

