



7 Days of Mindful Eating

DAY 1

Jot down your plan

At the start of your week, jot down a quick food plan! While you're shopping or picking up food this week, try to keep your plan in mind!



DAY 2

Pause and reflect

Halfway through your meal, take a break to check in with your body (this isn't easy!). From 1-10, how full do you feel?



DAY 3

Have a seat

Have a seat. When you can, sit down to eat your food without multi-tasking, even if it's just a snack.



DAY 4

Handy reminders

Consider tying a string around your wrist or wearing a certain bracelet or ring as a gentle reminder to eat mindfully.



DAY 5

Engage your senses

The next time you're eating, take your first bite with your eyes closed. Notice the texture, the sound of the crunch, and every delicious smell and flavor.



DAY 6

Be kind to yourself

If you don't have time or energy to approach a meal mindfully, that's OK. Be forgiving with yourself.



DAY 7

Keep practicing

Like meditation, mindful eating is a skill that takes consistent practice. Keep going!

