

A little progress each day adds up to big results



Dr. Dee Anna Merz Magel





#### WEEK OF

	BREAKFAST	LUNCH	DINNER	SNACK
M				3n /
W				
F				
S				
S				



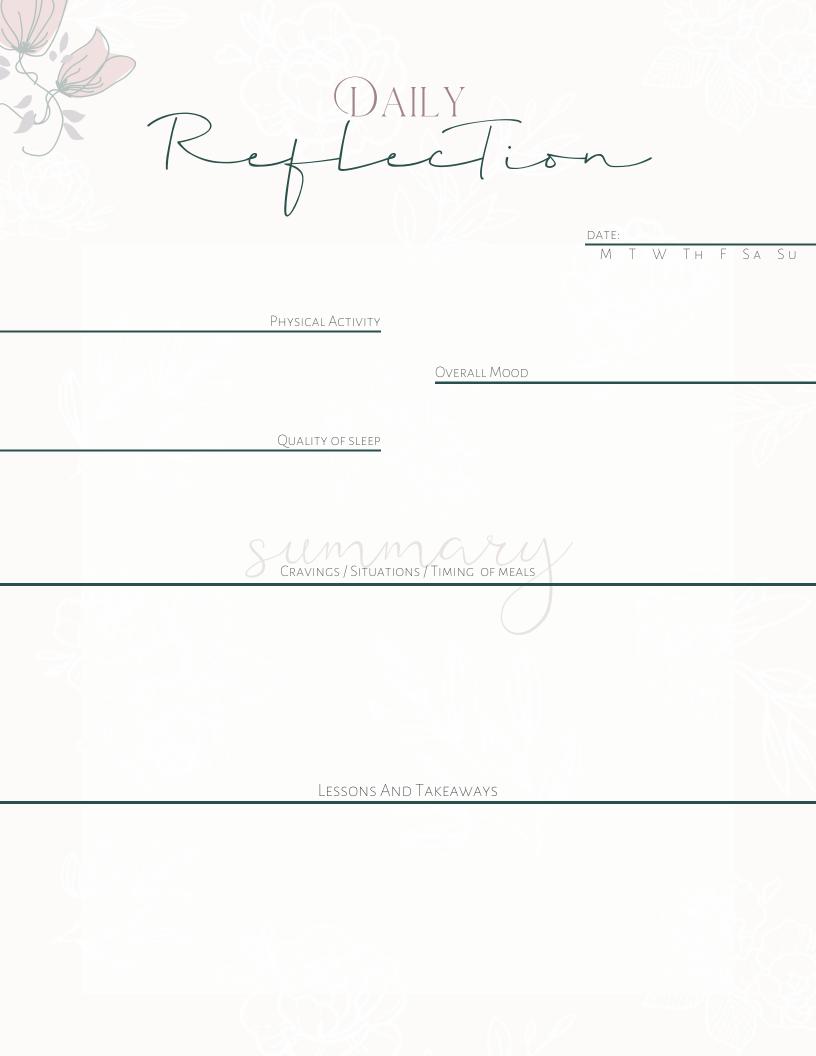


### FOOD & MOOD TRACKER

M Tu W Th F Sa Su

date\_\_\_\_

	water		
TIME	PLACE	FOOD/DRINK MOOD BEFORE	MOOD AFTER



#### MINDFUL FATING

I GIVE MY BODY PERMISSION TO CHANGE

I DESERVE TO NOURISH MY BODY

I TREAT MY BODY WITH RESPECT

IT'S OKAY TO NOT KNOW WHAT MY BODY NEEDS RIGHT NOW, | AM FIGURING IT OUT

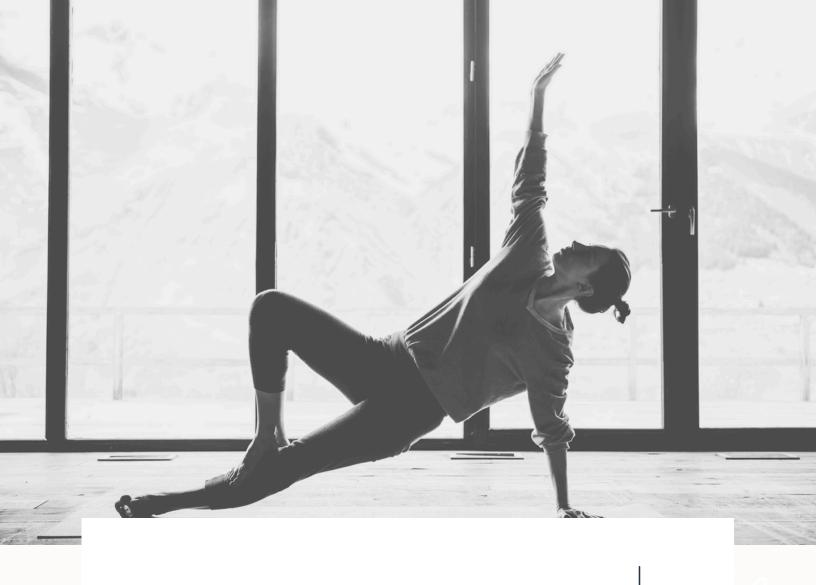
SEE ALL FOOD AS EQUAL, NO FOOD IS

GOOD OR BAD

THE FOODS | CHOOSE TO EAT DO NOT IMPACT MY SELF WORTH

FORGIVE MY PAST SELF FOR DIETING AND I
CHOOSE TO BE FREE MOVING FORWARD

INTUITIVE EATING IS A JOURNEY, AND I AM
LEARNING AS I GO



Dear Me,

I know you're scared but you can handle this.

Love, Me

Monthly
GOALTRACKER

MONTH:

FOCUS:

ACTION STEPS:

## HUNGER SCALE

STARVING, WEAK, DIZZY Very Hungry, Irritable, Low ENERGY, STOMACH GRUMBLING Pretty Hungry, Stomach BEGINNING TO GROWL BEGINNING TO FEEL HUNGRY Satisfied, Neither Hungry Nor FULL SLIGHTLY FULL, PLEASANTLY FULL SLIGHTLY UNCOMFORTABLE Feeling Stuffed Very Uncomfortable, Stomach is ACHING Very Full And Feeling Sick

# EATING 1 0 1

Eat When You're Hungry

Stop Eating When You're Satisfied

EAT THINGS THAT MAKE YOU FEEL GOOD

Move Your Body

Trust Yourself



THE 2110!

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