

Weekly Focus

Take note of 2 habits in the "Mindful Eating Tracking" list that you feel you want to focus on more in the next week. Perhaps choosing the habits that scored the lowest (i.e. because you don't do them often). Add these 2 items to the "Weekly Focus" list below for the next week. See if you can do these 2 things more often in the next week.

Take note of 1 habit in the "Mindless Eating Tracking" list that you feel you want to focus on more in the next week. Perhaps choosing the habit that scored the highest (i.e. because it's a regular habit). Add this to the "Weekly Focus" list below, in the same week as the 2 "Mindful Eating Habits" you wish to embrace. See if you can become more aware of doing this habit in the next week and whether you can try to do it less.

Each week list 3 areas from the "Mindful Eating Tracking" that you would like to focus on:

Week Start Date: _____

1. _____
2. _____
3. _____

Week Start Date: _____

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