



Mindful Eating

Success begins with a plan. We've provided a few ideas to get you started. Complete this template to create your action plan for Mindful Eating. Then follow the steps you've defined to achieve your goal.

Name:

Date:

My goal is to:

I will complete my goal by: (date)

I will know I've achieved my goal when:

I am working on this goal with: (add names)

MINDFUL EATING TIP:

Don't eat on the go. You're less likely to appreciate your food when you're multi-tasking. Sit down and turn your attention to your meal.

Specific steps I will take to reach my goal:

Resources I can use:

I will complete this step by: (date)

1. Learn more about mindful eating	<u>Happify: How Mindfulness Can Change the Way You Eat</u>	
2. Assess your knowledge of mindful eating	<u>Mindful Eating Quiz</u>	
3.		
4.		
5.		

You can't control everything in your life, but you can control what you put in your body. – Unknown