

MINDFUL EATING QUIZ

MONTH OF _____

If I could change one behavior for the better about eating, what would it be?

Why do I normally eat? Am I emotional, hungry, bored, or on schedule?

What is my level of hunger on a scale of 1 to 10?

How will I feel after eating this?

Do I stop eating when I am full?

What foods do I like? What foods do I hate?

If you could learn anything about healthier living, what would it be?

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We'd love for you to be part of the family.