

DATE

Nibble Scribbles Journal

Commit to journaling about 1 meal a day for 30 days and you WILL see a shift.
We become more conscious about our behaviors through repetition.

My hunger level before, during, and after I ate:

Right now I am feeling..., and need...:

I chose to eat this food because:

Today I will create more awareness in my eating by:

When I envision myself as an Intuitive Eater I feel:

Schedule a consultation with Rena: rena@mindovermunchies.com