

Your Mindless Margin Daily Checklist

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F
What are 3 <u>small</u>, <u>easy</u> food habits I'd like to change this month?*																																		
1.																																		
2.																																		
3.																																		
What's a new habit I'd like to have in my life?																																		

* You can also ask yourself "What are three new habits I'd like to have?"

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