7 Days of Mindful Eating

**DAY 1**
Jot down your plan
At the start of your week, jot down a quick food plan! While you’re shopping or picking up food this week, try to keep your plan in mind!

**DAY 2**
Pause and reflect
Halfway through your meal, take a break to check in with your body (this isn’t easy!). From 1-10, how full do you feel?

**DAY 3**
Have a seat
Have a seat. When you can, sit down to eat your food without multi-tasking, even if it’s just a snack.

**DAY 4**
Handy reminders
Consider tying a string around your wrist or wearing a certain bracelet or ring as a gentle reminder to eat mindfully.

**DAY 5**
Engage your senses
The next time you’re eating, take your first bite with your eyes closed. Notice the texture, the sound of the crunch, and every delicious smell and flavor.

**DAY 6**
Be kind to yourself
If you don’t have time or energy to approach a meal mindfully, that’s OK. Be forgiving with yourself.

**DAY 7**
Keep practicing
Like meditation, mindful eating is a skill that takes consistent practice. Keep going!