

Habit Take 15 minutes to eat

Track your success for 14 consecutive days.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

WHY DO I NEED TO EAT SLOWLY?

- It takes about 20 minutes for your brain to get the “I’m full” memo.
- You’ll digest food better - avoiding upset stomach, diarrhea and bloating.
- You’ll relax by taking a break from your busy schedule.
- You’ll be happier and more satisfied. If it’s over too fast, there is little room for pleasure.

HOW DO I SLOW DOWN MY EATING?

Try these strategies to help you slow down:

- Set aside a time to eat.
- Use smaller plates - you’ll slow down and eat less without even realizing it.
- Put down your utensils between bites.
- Become curious about food tastes and textures.
- Eliminate distractions while you eat

What to do now?

01.

USE A NEW STRATEGY TO EAT MORE SLOWLY

Try a new strategy each day – until you find one that works for YOU.

02.

FOCUS. PAY ATTENTION TO WHAT’S IN FRONT OF YOU

When you eat, eat. Enjoy it. Savor it. If you’re eating with other people, enjoy their company.

03.

ELIMINATE DISTRACTIONS

No TV, Internet, books, magazines, phones – just you (and your friends/family), a small plate and some high quality food.

04.

TRACK YOUR PROGRESS

- Give yourself an “X” for each day you take 15 minutes or longer to eat.
- Give yourself an “O” for any day you do not.