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Sleep poorly, hit snooze, finally get out of bed feeling exhausted

Feel worried about how you'll make it through the day this tired

Rush through your morning routine since you got a later start than planned

Skip breakfast, drink extra cup(s) of coffee

Jittery & anxious, play catch up on the tasks you wanted to do earlier

Feel agitated but try to focus on being productive

Realize it is late afternoon, wander into the kitchen feeling hungry

Stand in front of pantry surveying the contents

Grab selection of random carbs* & head back to your desk to eat

Mindlessly eat while working all afternoon, never feel satisfied

Vow to eat a healthy dinner in response to guilt & anxiety about food choices

Late day crash leads to nap or snacks and caffeine to stay awake

Eat late dinner & stay up scrolling phone or watching tv while snacking

Lie in bed worrying about not getting enough sleep and thinking about your weight