# Laura Lloyd

# Sensational Eater™
## Quick Planner

30 DAYS OF NEW THOUGHTS, FEELINGS & ACTIONS AROUND FOOD

# Habit Tracker

[month:                          ]

Laura Lloyd

## MADE A PLAN for the day, anticipated obstacles

## EVALUATED what went right/one thing to improve

## GROUNDWORK

### FEELGOOD MOVEMENT
microhabit

### SLEEP
microhabit to improve it

### WATER
microhabit

### SPACE
microhabit

# Plan – *Prepare your head !*

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# Evaluate *Positively*

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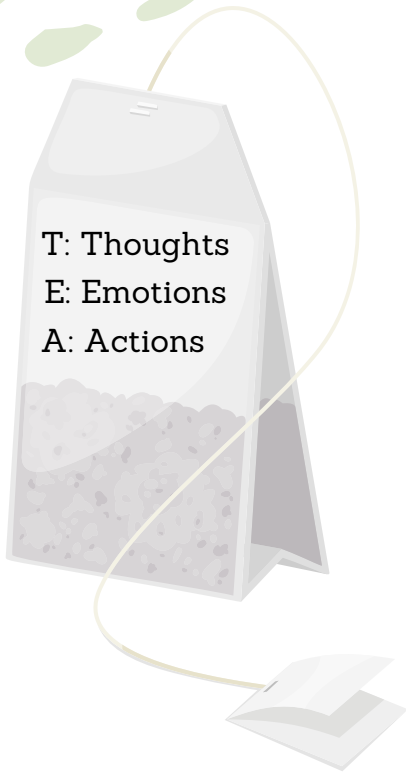Was I FEELING anything I noticed?

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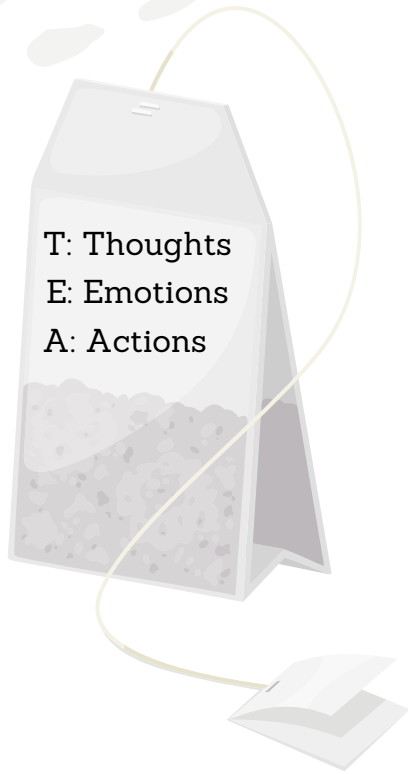Was I FEELING anything I noticed?

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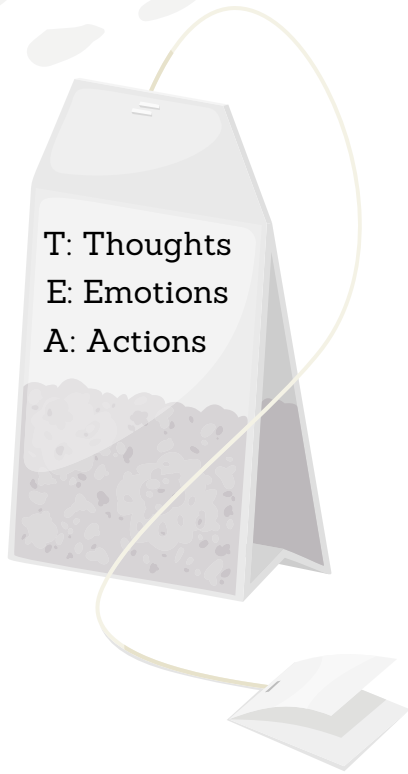| THREE THINGS I'm glad I did for myself, body & eating: | ONE OVEREAT or OFF-PLAN EAT today: |
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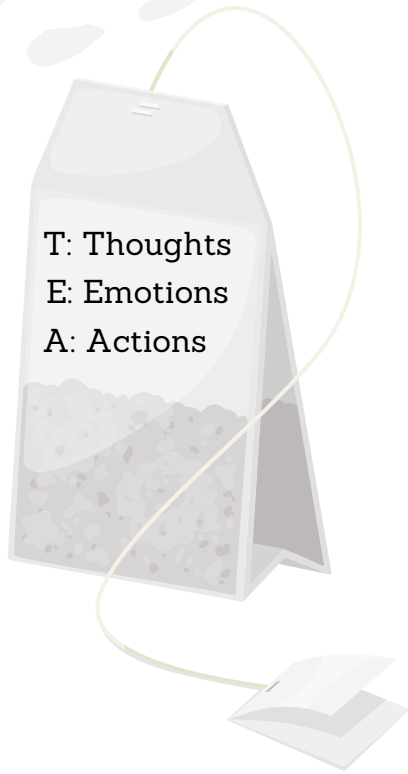Was I FEELING anything I noticed?

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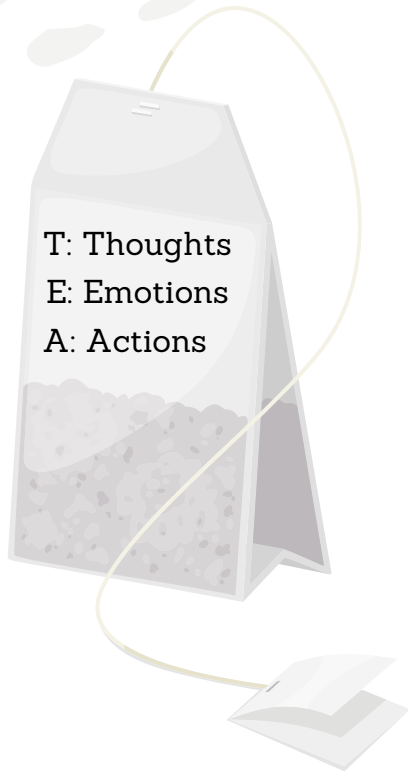WHY did I tell myself it was justified?
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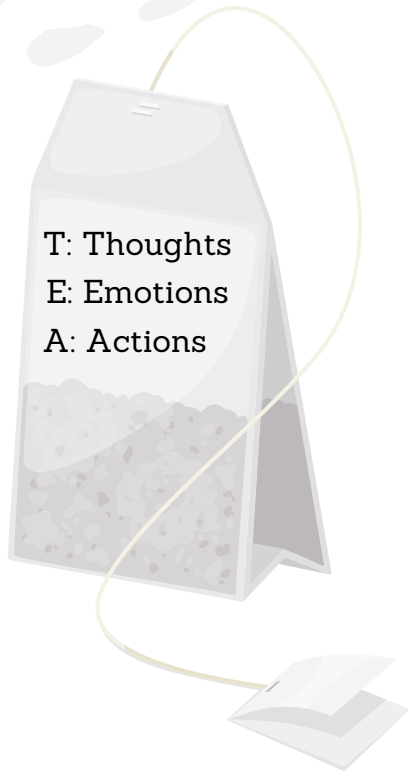Was I FEELING anything I noticed?

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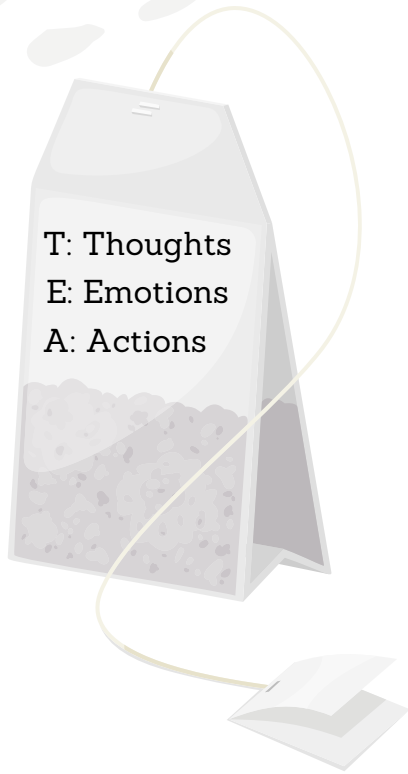Was I FEELING anything I noticed?

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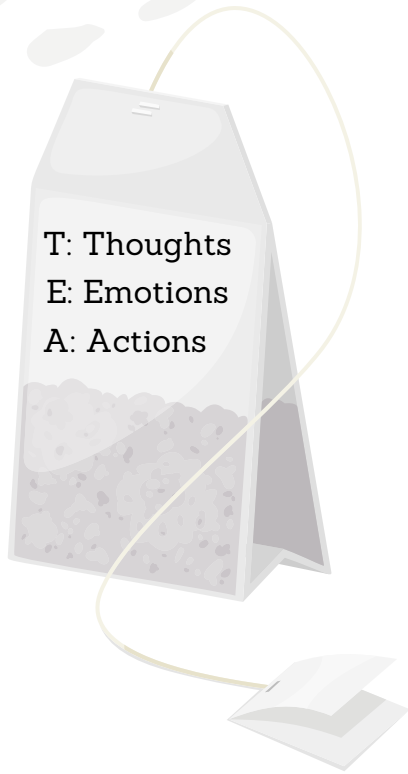Was I FEELING anything I noticed?

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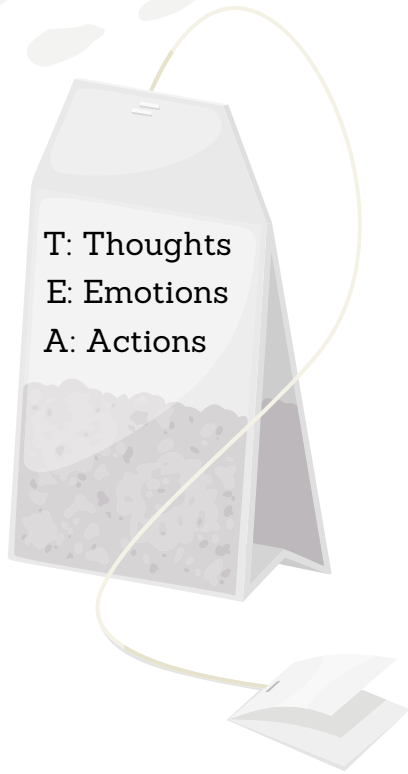The next time this happens, I can:

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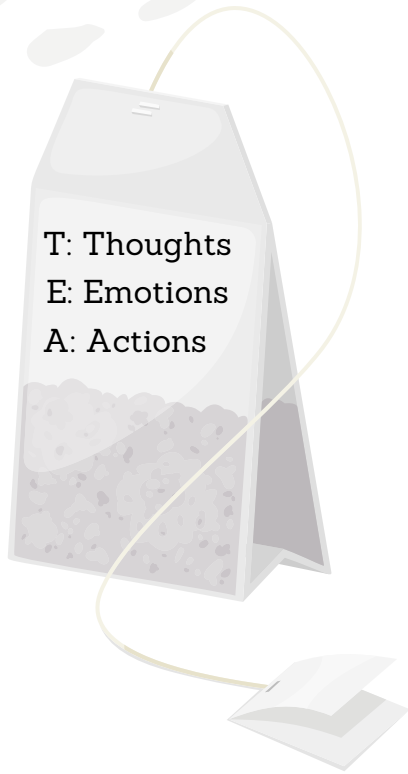Was I FEELING anything I noticed?

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Date:          Day of week:          *Laura Lloyd*

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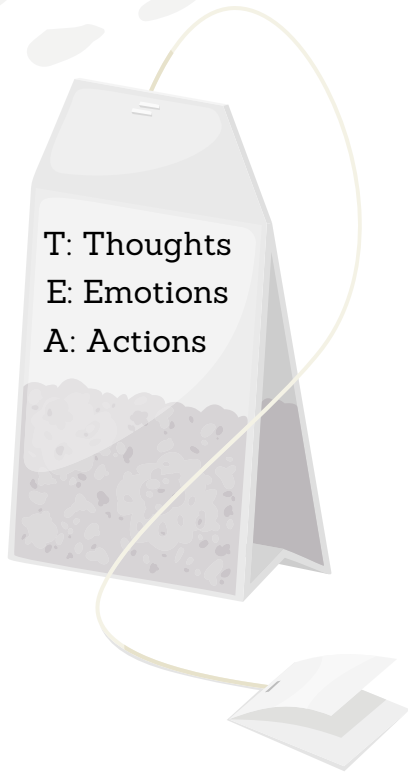Was I FEELING anything I noticed?

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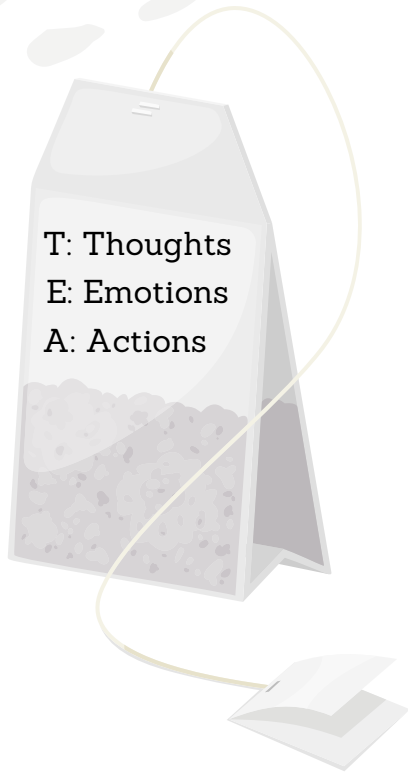Was I FEELING anything I noticed?

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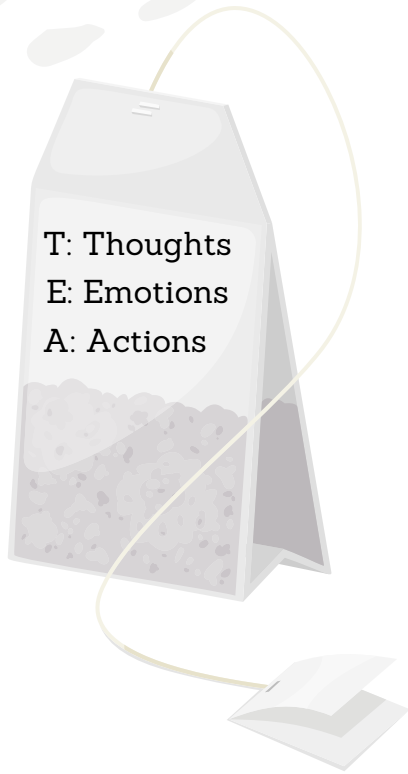Was I FEELING anything I noticed?

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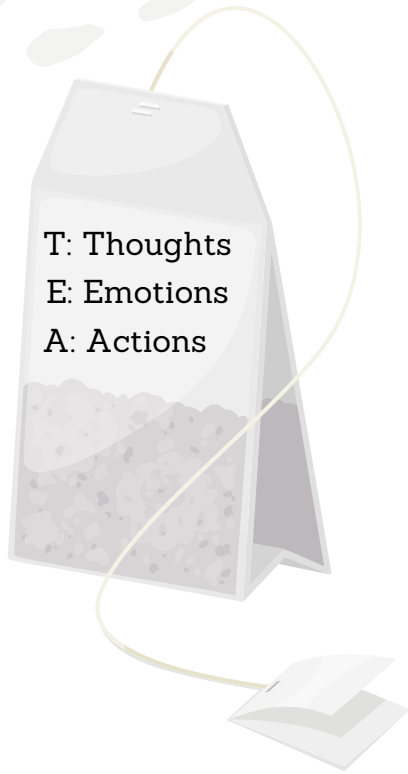The next time this happens, I can:

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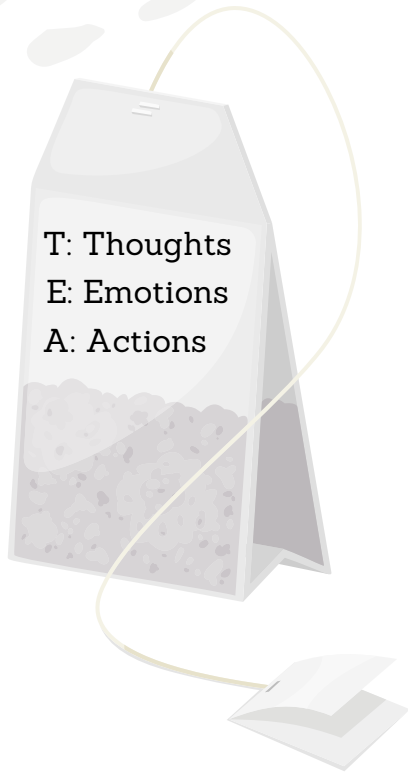Was I FEELING anything I noticed?

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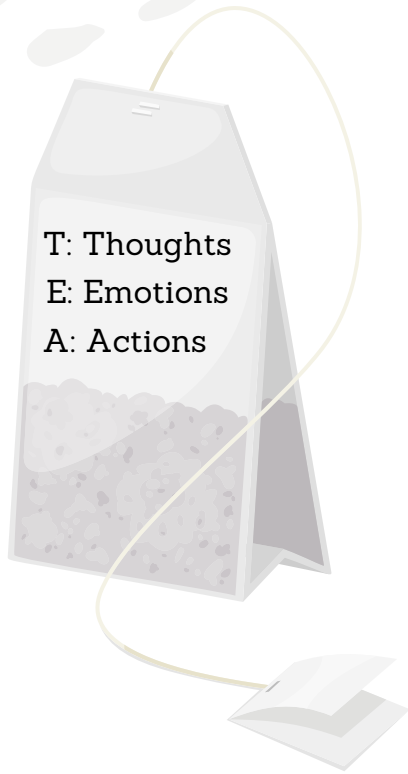WHY did I tell myself it was justified?
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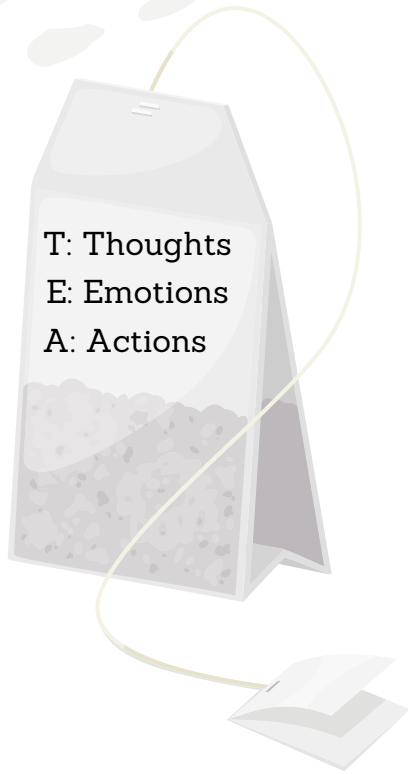| 3 THINGS I'm glad I did for myself, body & eating: | 1 OVEREAT or OFF-PLAN EAT today: |
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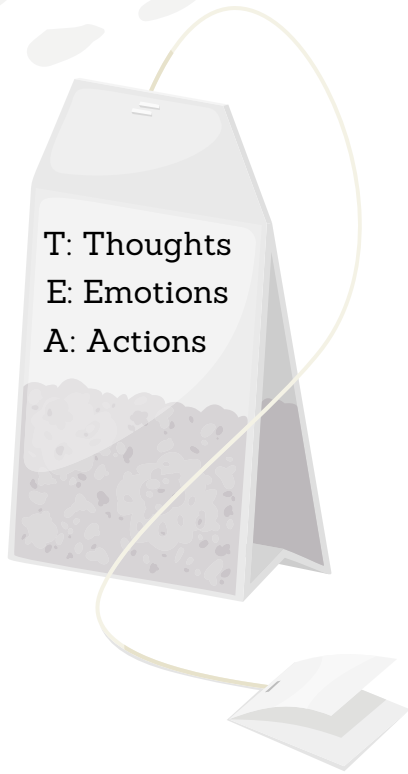Was I FEELING anything I noticed?

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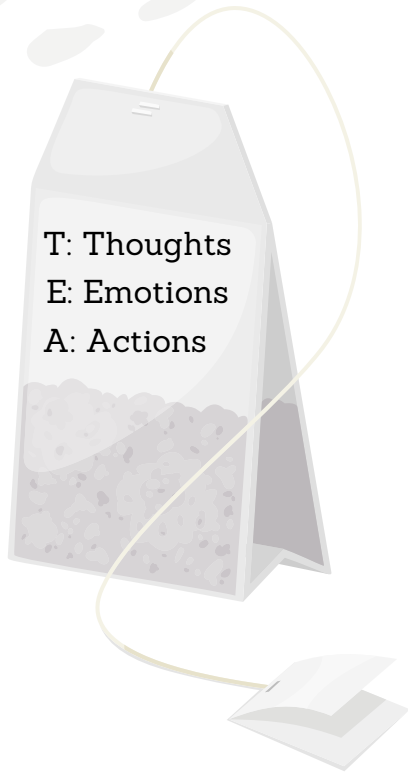Was I FEELING anything I noticed?

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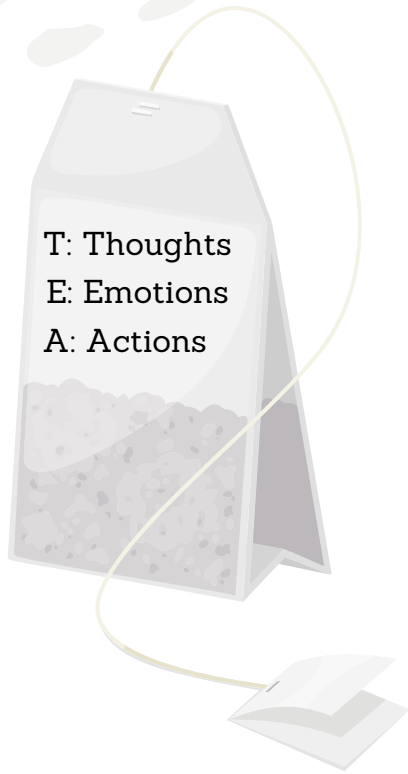The next time this happens, I can:

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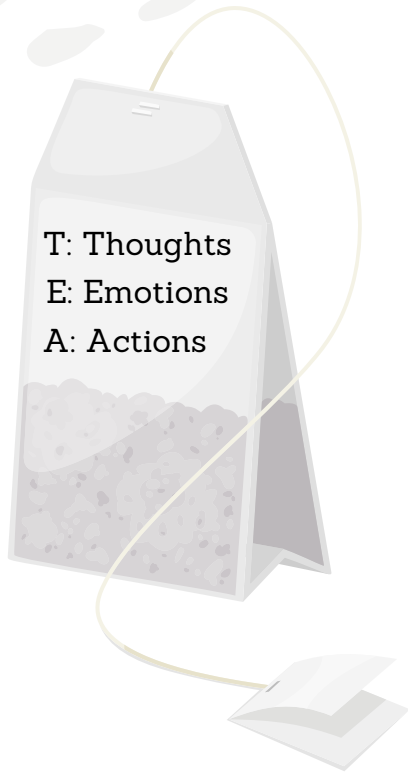Was I FEELING anything I noticed?

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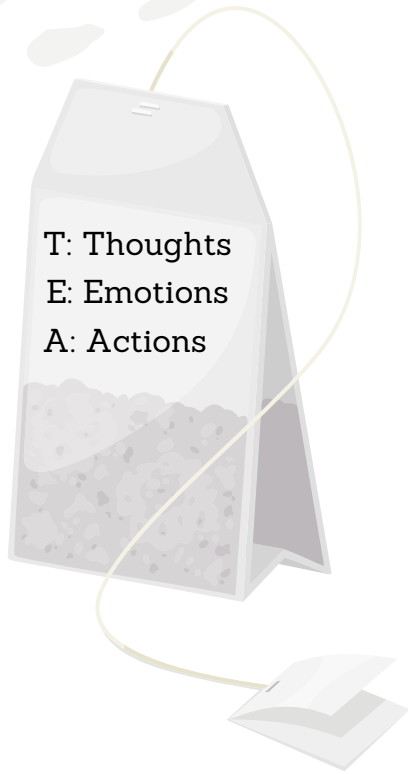Was I FEELING anything I noticed?

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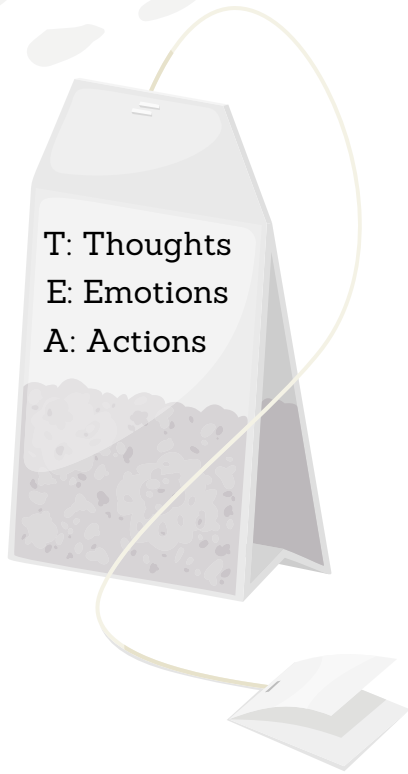Was I FEELING anything I noticed?

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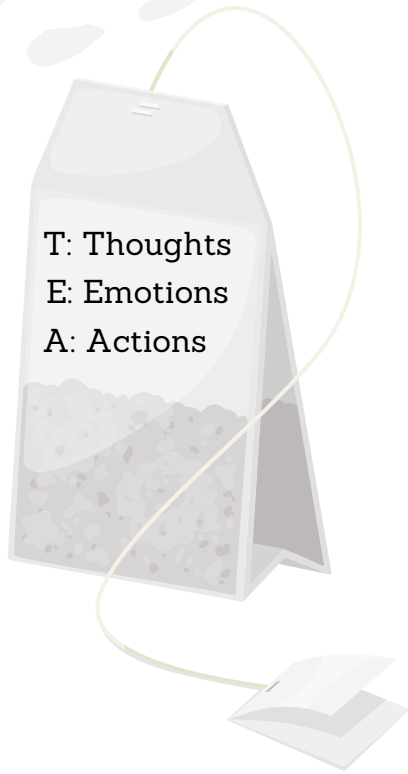WHY did I tell myself it was justified?
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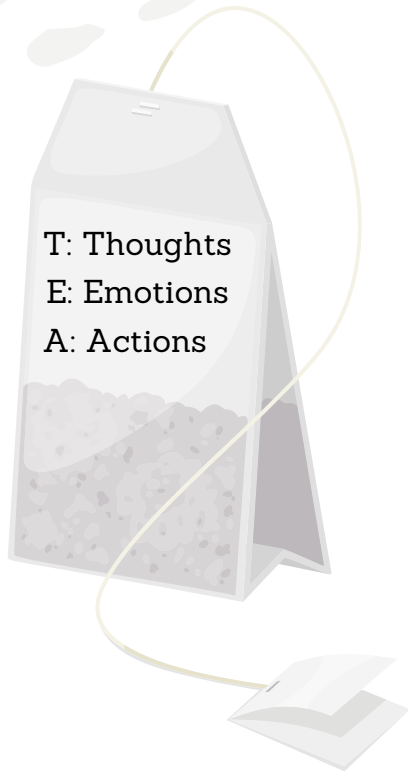WHY did I tell myself it was justified?
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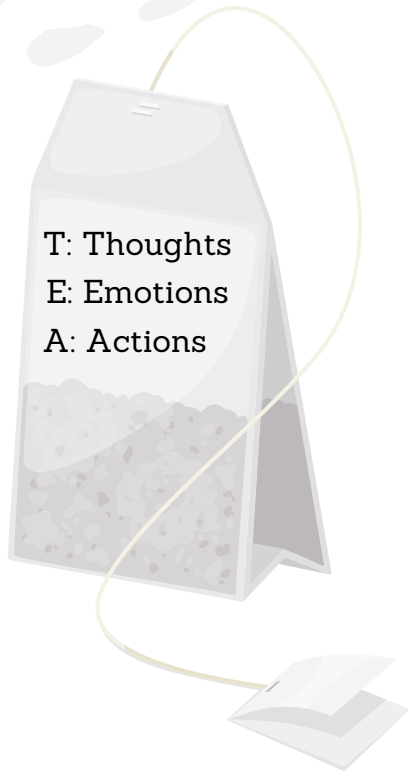Was I FEELING anything I noticed?

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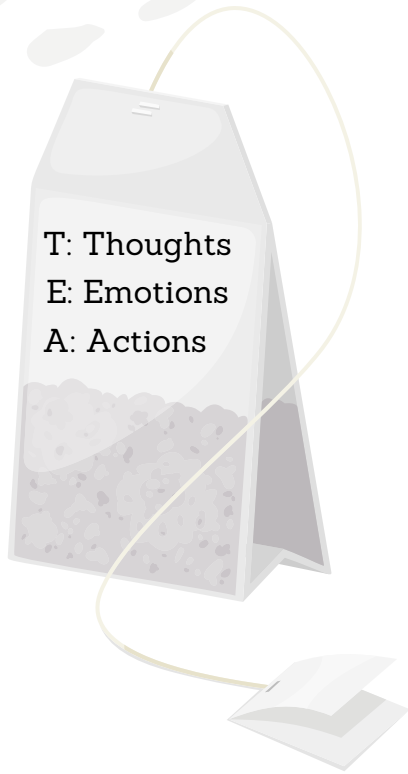| 3 THINGS I'm glad I did for myself, body & eating: | 1 OVEREAT or OFF-PLAN EAT today: |
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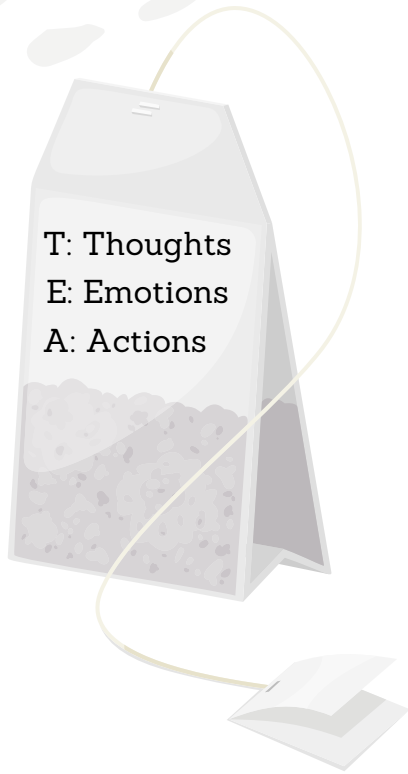| 3 THINGS I'm glad I did for myself, body & eating: | 1 OVEREAT or OFF-PLAN EAT today: |
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