



BREAK
FREE
FROM
BINGE
EATING

Course Checklist for Modules and Lessons

Use this checklist to track your progress through out the course. I recommend doing no more than one module per week and depending on where you are at in your journey, it might be helpful to even do one module for every two weeks and really invest a lot of time completing all the homework and practice what you are learning.

Module 1 | Break up With Binge Eating

_____ Snapshot Video

_____ Lay the Foundation

_____ Why We Eat and Why We Binge

_____ Why Willpower Never Works

_____ Homework

Module 2 | What's up With Weight

_____ Snapshot Video

_____ Healthy Weight

_____ Ditch Dieting Forever

_____ Homework

Module 3 In with the Intuitive

_____ snapshot video

_____ Intuitive Eating 101

_____ IE and Beyond

_____ Homework

Module 4 Body Image 101

_____ *snapshot video*

_____ *Origin of Our Beliefs*

_____ *It's all Perspective*

_____ *Body Love*

_____ *Homework*

Module 5 Where We Go from Here

_____ *snapshot video*

_____ *A Life Outside of Food*

_____ *Homework*