

Mindfulness Habit	#Days Tried	Cue That Helped	Notes
No standing up while eating at all.			
Aggregate food onto one plate.			
No snacks, period.			
No screens while eating.			
No other activity besides conversation or listening to music.			
Take three breaths first, then the first bite.			
Have all the main components: protein, fat, and produce at each meal.			
Make it pretty, and even fun.			
Leave the eating area, kitchen, or pantry when done.			
Keep alcohol separate.			
Pick your poisons.			
Eat with your nondominant hand.			
Other ideas:			