



# 7 Day Mindful Eating Challenge

## Day 1: Remove Distractions.

Set aside 15 to 30 minutes for one meal to be eaten at a table without distraction

## Day 3: Observe Your Food.

Take one minute to be present, gracious, and curious about the food on your plate.

## Day 5: Sense Your Hunger.

Try to gauge your hunger level before a meal on a 1-10 scale with 1 as painful hungry & 10 as full with discomfort.

## Day 7: Meeting Other Needs.

List 5 things that you can do that do not involve food when you are not physically hungry.

## Day 2: Eat Slower.

Chew your food thoroughly.  
Take smaller bites.  
Pause in between bites.

## Day 4: Savor Your Food.

Try to use all of your senses to critique your food as though you were a food critic would.

## Day 6: Understanding Your Hunger.

Try to recognize the difference between appetite, physical, practical & emotional hunger.

