



# MINDFUL EATING

*Quiz*

DATE: \_\_\_\_\_

WHY DO YOU WANT TO EAT? ARE YOU HUNGRY, BORED, EMOTIONAL...

WHAT DO YOU FEEL LIKE EATING?

WHAT TIME OF THE DAY IS IT?

WHEN WAS YOUR LAST MEAL OR SNACK?

ARE YOU PHYSICALLY HUNGRY OR ARE YOU EMOTIONALLY HUNGRY?

# HUNGER

## PHYSICAL *VS* EMOTIONAL



# LET'S GET *Social*

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