



I PLEDGE TO

- **EAT MINDFULLY**
BE MORE AWARE OF EACH BITE I TAKE
- **PACE NOT RACE**
EAT SLOWLY AND WITH INTENTION
- **WHEN I EAT, JUST EAT**
EAT WITHOUT DISTRACTION
- **CALM WITHOUT CALORIES**
FIND TRUE COMFORT AND SOOTHING WITHOUT FOOD
- **EAT LESS, NOURISH MORE**
EAT FOODS THAT NURTURE MY BODY



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