

CHOCOLATE CRAVING METER



MINDFUL CHOCOLATE CHALLENGE

www.eatq.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Instructions:</p> <p>TRACK YOUR CRAVINGS</p>	<p>Aim:</p> <p>1 oz of dark chocolate a day eaten mindfully if you have a craving.</p>	<p>How:</p> <p>Eat slowly, using all of your senses, tracking each bite.</p>	<p>I WILL:</p> <p>Choose an intention or goal.</p>	<p>More or less chocolate is okay! The goal is to practice the art of eating mindfully.</p>		<p>1</p> <p>CRAVE_____</p> <p>Today I will:_____</p>
<p>2</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>3</p> <p>CRAVE_____</p> <p>—</p> <p>Today I will:_____</p>	<p>4</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>5</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>6</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>7</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>8</p> <p>CRAVE_____</p> <p>Today I will:_____</p>
<p>9</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>10</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>11</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>12</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>13</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>14</p> <p>CRAVE_____</p> <p>Today I will:_____</p>	<p>15</p> <p>CRAVE_____</p> <p>Today I will:_____</p>

