

1. Work on bringing your mind and body into balance with a senses experience. (Worksheet 1)
2. Write down where and when you are eating in addition to what you are eating this week. (Worksheet 2)
3. Keep following the Club Reduce[®] Eating and Healthy Living Guidelines.
4. Listen to the Self-Mastery Technology recording for this week.

Worksheet 1: Senses Experience

Take time to experience all five of your senses. This will help you bring your mind and body back into balance, making mindful eating easier!

Vision: Watch the ocean, a sunset, or something else that is visually stimulating or beautiful. Notice colors, lighting, etc.

Hearing: Pull out music that you love. Try to find something that will soothe your mind and body and help you relax.

Touch: Experience the sense of touch by feeling something in a new way. Feel the grass or carpet on your bare feet or schedule a massage.

Taste: Take slow, deliberate bites. Focus on texture and taste. Enjoy the entire eating experience.

Smell: You can do this while you are cooking or baking, or even using a candle, lotion or soap. If you are looking for a different smell, try going outdoors.

When you have experienced all 5 senses, write down how you think this exercise has helped bring your mind and body more into sync. Remember that when you take time to enjoy and balance all 5 senses, you won't have as many food cravings because your body will feel more fulfilled overall.

Worksheet 2: Mindful Eating

Paying attention to where and when you are eating each day will pay off big time.

How Many Times Each Day Do You Do the Following Things?

Mindless Eating Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Taste Test While Cooking							
Take Small Bites Off of Another Plate							
Snack While at the Refrigerator							
Eat While Watching TV/ Movies							
Eat While Reading							
Eat On the Go or In the Car							
Snack During Emotional/ Anxiety Filled Situations							
Finish Off Your Other's Meals							
Snack While Clearing the Table							

Each day of the week, be sure to write down where and what time of the day you are eating every time you eat, no matter how small the portion is.

Day 1

Breakfast:	Where:	When:
Mid-Morning Snack:	Where:	When:
Lunch:	Where:	When:
Mid-Afternoon Snack:	Where:	When:
Dinner:	Where:	When:

Day 2

Breakfast:	Where:	When:
Mid-Morning Snack:	Where:	When:
Lunch:	Where:	When:
Mid-Afternoon Snack:	Where:	When:
Dinner:	Where:	When:

Day 3

Breakfast:	Where:	When:
Mid-Morning Snack:	Where:	When:
Lunch:	Where:	When:
Mid-Afternoon Snack:	Where:	When:
Dinner:	Where:	When:

Day 4

Breakfast:	Where:	When:
Mid-Morning Snack:	Where:	When:
Lunch:	Where:	When:
Mid-Afternoon Snack:	Where:	When:
Dinner:	Where:	When:

Day 5

Breakfast:	Where:	When:
Mid-Morning Snack:	Where:	When:
Lunch:	Where:	When:
Mid-Afternoon Snack:	Where:	When:
Dinner:	Where:	When:

Day 6

Breakfast:	Where:	When:
Mid-Morning Snack:	Where:	When:
Lunch:	Where:	When:
Mid-Afternoon Snack:	Where:	When:
Dinner:	Where:	When:

Day 7

Breakfast:	Where:	When:
Mid-Morning Snack:	Where:	When:
Lunch:	Where:	When:
Mid-Afternoon Snack:	Where:	When:
Dinner:	Where:	When: