



## Lesson 7: Homework

- 1) Work on bringing your mind and body into balance by being more mindful of your senses. Take time to experience each of your 5 senses!
  - a. For example, you might watch a sunset (sight), listen to your favorite music (hearing), and/ or pay special attention to your eating experience (taste). You can use essential oils for aromatherapy (smell) or even schedule a massage (touch)!
  - b. When you're done, write down how this exercise has helped you to be more mindful and appreciative of your daily experiences.
- 2) Keep track of how often you eat mindlessly throughout the day. Write down what, where, and when you are eating throughout the week. (Worksheet 2)
- 3) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

*Learn it Live it Lose it*

## Worksheet 1: Mindfulness and the Five Senses

Take time to experience all 5 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 the 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, deliberating 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 taken the time to be mindful of all 5 of your senses, write down how you think this exercise has helped you to be more appreciative of your daily experiences. Remember that when you take the 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: Becoming Aware of Mindless Eating

Keep track of how many times you eat mindlessly each day!

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							
Snack During Emotional/Anxiety filled Situations							
Finish Off Other's Meals							
Snack While Clearing the Table							

### Worksheet 3: Monitoring Eating Habits

Pay attention to where, when, and why you are eating each day of the week.

#### Monday

<b>Breakfast:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Morning Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Lunch:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Afternoon Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Dinner:</b>	<b>Where:</b>	<b>When:</b>

#### Tuesday

<b>Breakfast:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Morning Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Lunch:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Afternoon Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Dinner:</b>	<b>Where:</b>	<b>When:</b>

## Wednesday

<b>Breakfast:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Morning Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Lunch:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Afternoon Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Dinner:</b>	<b>Where:</b>	<b>When:</b>

## Thursday

<b>Breakfast:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Morning Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Lunch:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Afternoon Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Dinner:</b>	<b>Where:</b>	<b>When:</b>

## Friday

<b>Breakfast:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Morning Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Lunch:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Afternoon Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Dinner:</b>	<b>Where:</b>	<b>When:</b>

## Saturday

<b>Breakfast:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Morning Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Lunch:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Afternoon Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Dinner:</b>	<b>Where:</b>	<b>When:</b>

**Sunday**

<b>Breakfast:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Morning Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Lunch:</b>	<b>Where:</b>	<b>When:</b>
<b>Mid-Afternoon Snack:</b>	<b>Where:</b>	<b>When:</b>
<b>Dinner:</b>	<b>Where:</b>	<b>When:</b>