

SUCCESS CHART

Mark each non binge time with :) or star or x. If bingeing leave blank

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 - 9am					
9 - 11 am					
11 am - 3pm					
3 - 7 pm					
7 - 11 pm					

REMEMBER TO PAUSE AND CHECK IN

Am I Hungry?

Am I Angry or Anxious?

Am I Lonely?

Am I Tired / Is it a treat

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