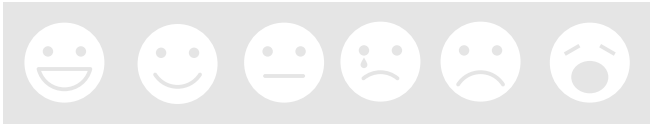


# Shedding the Weight

## Am I hungry?

TAKE 10 DEEP BREATHS

TODAY I FELT



CHECKING IN WITH MYSELF - WHAT IS  
THE WEATHER PATTERN LIKE?

DATE: \_\_\_\_\_

DID I NOTICE ANY PROBLMATIC  
EATING?

HOW INTERESTING...

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FROM THE ABOVE DO I NOTICE  
ANY PATTERNS?

CAN I IDENTIFY ANY TRIGGERS?

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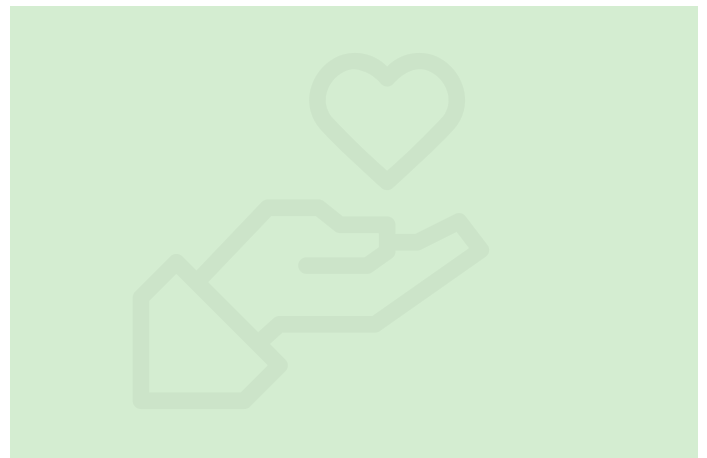
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ONE IDEA TO NURTURE MYSELF IS...

TODAY'S AFFIRMATION/INTENTION

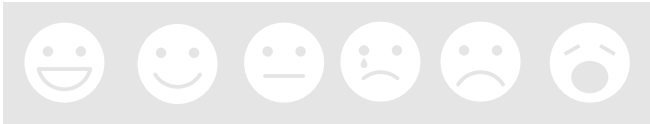


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