

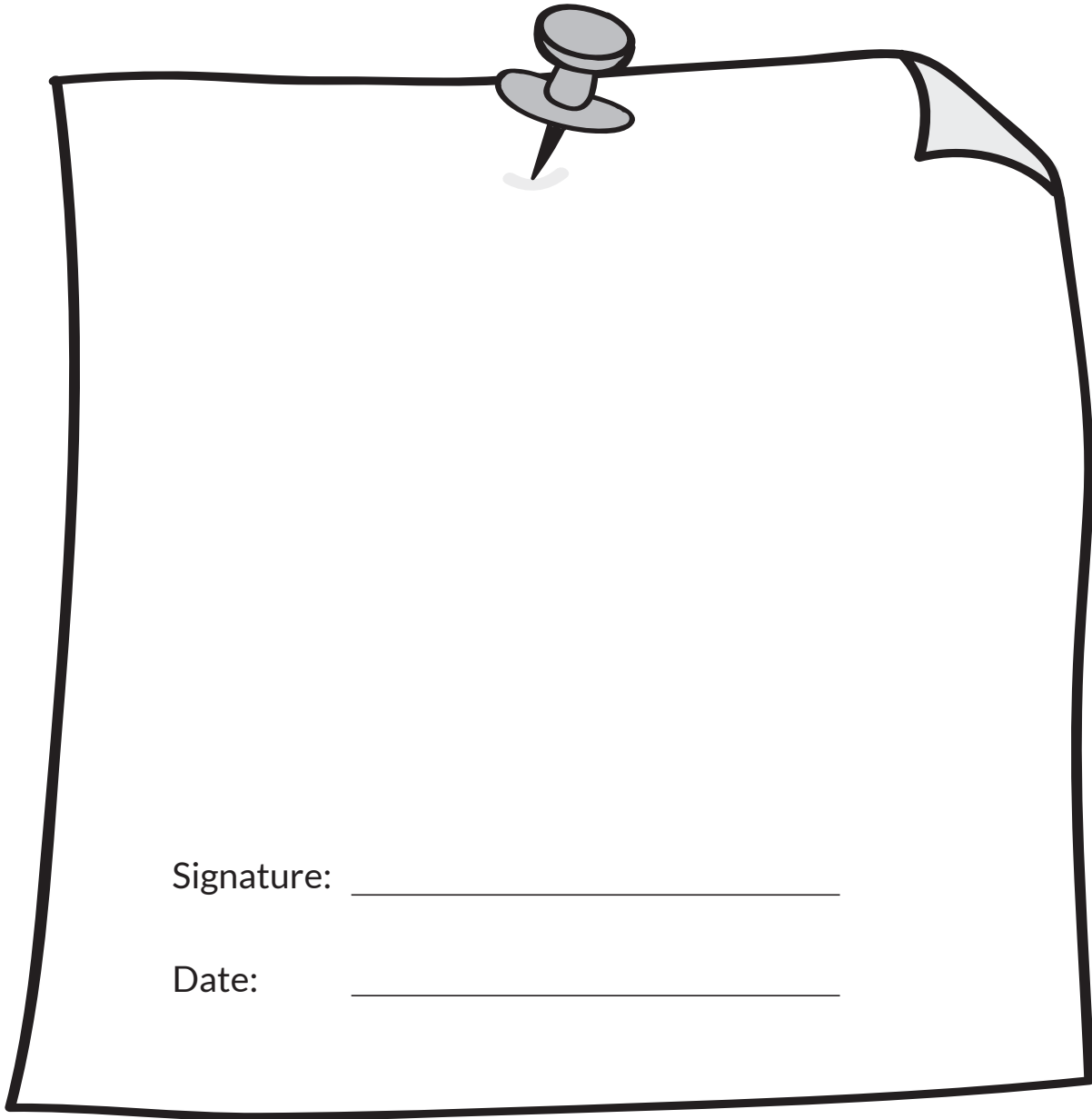
The Less-Structured Eater
WORKBOOK

from *Why Did I Just Eat That?* pages 57-64

Affirmation

WHY
Did I Just
Eat That?

Refer to page 59 in the book, Step One. Admit that you understand, for your highest good, that there needs to be a change in your way of doing things. Boundaries may feel like restrictions, but their highest contribution is that they define our self-care best-practices. Take some quiet time to acknowledge this, then record your thoughts in the note below. You might write down, “I am creating more structure to best serve my life and eating habits,” in the space marked Affirmations below, then sign and date it. I also recommend finding a moment to look in the mirror and tell yourself this intention, and why—in your own words— it is important to you.



Signature: _____

Date: _____

Food Diary



Refer to page 60 in the book, Step Two. Keep a food diary for three days, eating as you have been doing up until now. Take care to be very detailed regarding when and what you are eating day to day. When you've completed the chart following the third day, assess the information.

Time	Day One	Day Two	Day Three
7:00-7:30			
7:30-8:00			
8:00-8:30			
8:30-9:00			
9:00-9:30			
9:30-10:00			
10:00-10:30			
10:30-11:00			
11:00-11:30			
11:30-12:00			
12:00-12:30			
12:30-1:00			
1:00-1:30			
1:30-2:00			
2:00-2:30			

Food Diary, continued

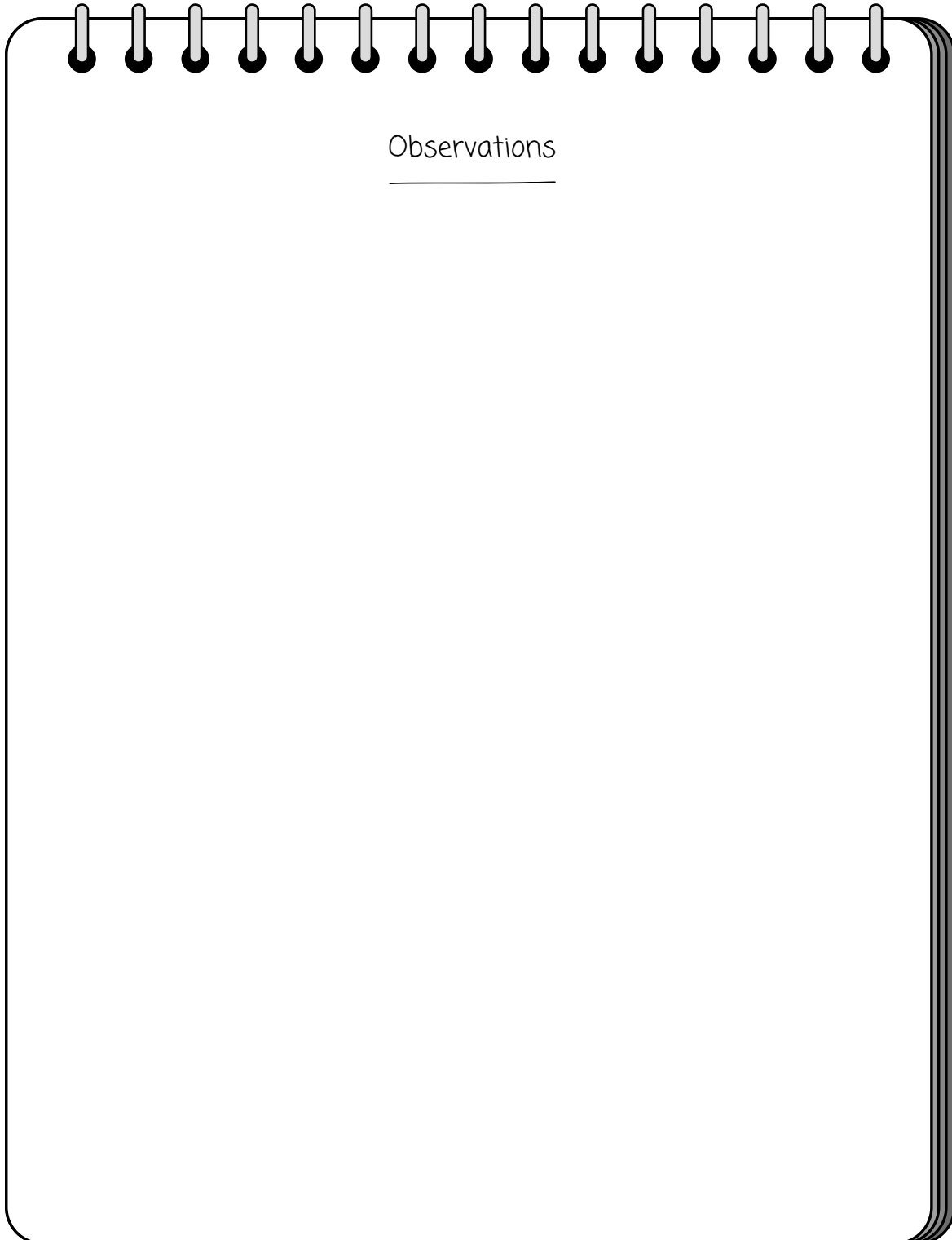
WHY
Did I Just
Eat That?

Time	Day One	Day Two	Day Three
2:30-3:00			
3:00-3:30			
3:30-4:00			
4:00-4:30			
4:30-5:00			
5:00-5:30			
5:30-6:00			
6:00-6:30			
6:30-7:00			
7:00-7:30			
7:30-8:00			
8:00-8:30			
8:30-9:00			
9:00-9:30			
9:30-10:00			
10:00-10:30			
10:30-11:00			
11:00-11:30			
11:30-12:00			

Food Diary Observations

WHY
Did I Just
Eat That?

Do you notice when you are eating full, balanced meals, and when you are not? Are you starving yourself early in the day only to over-consume toward the end? Are you making healthy and wholesome choices that can help you function at your best all day, or do you find yourself “running on fumes” for periods of time? What else have you noticed? For the second part of Step Two (Page 61,) write your observations below.



Observations

Rework and Reframe Food Diary

 WHY
Did I Just
Eat That?

Refer to page 62 in the book, Step Three. Now it's your turn to plan your day and schedule your time to eat. Try to be specific with your plan for the evening, as for most this is the hardest time of the day. Feel free to set the specific meal and snack times to suit your activity schedule, making sure to remain mindful of the recommended intervals between eating times.

Time	Meal
7:00-7:30	
7:30-8:00	Breakfast
8:00-8:30	
8:30-9:00	
9:00-9:30	
9:30-10:00	
10:00-10:30	Snack
10:30-11:00	
11:00-11:30	
11:30-12:00	
12:00-12:30	
12:30-1:00	Lunch
1:00-1:30	
1:30-2:00	
2:00-2:30	
2:30-3:00	
3:00-3:30	Snack

Rework and Reframe Food Diary, continued



WHY
Did I Just
Eat That?

Time	Meal
3:30-4:00	
4:00-4:30	
4:30-5:00	
5:00-5:30	
5:30-6:00	
6:00-6:30	Dinner
6:30-7:00	
7:00-7:30	
7:30-8:00	
8:00-8:30	
8:30-9:00	Optional small snack
9:00-9:30	
9:30-10:00	
10:00-10:30	
10:30-11:00	
11:00-11:30	
11:30-12:00	

Committing to New Behaviors

WHY
Did I Just
Eat That?

Refer to page 64 in the book, Step Four. This exercise is an important step in creating lasting and meaningful change. For many who are not used to having a firm schedule, the abrupt imposition of structure might bring up some feelings of resistance. This is a completely natural response. So if any thoughts of anger, resentment, resistance or negativity show up, have a conversation with yourself (in the first column). And then answer your concern with a constructive response (in the second column).

Committing to New Behaviors, continued



Affirm Who You Are**WHY
Did I Just
Eat That?**

Refer to page 64 in the book, Step Five. Finally... take ownership of the following statement, by putting your name in the provided blank space. Cut it out and tape it somewhere you can see it every day, to your bathroom mirror for example. Try to repeat your new affirmation to yourself each day for at least a month. Repetition is key!

