## Chapter 1: Checklist for Establishing Healthier Habits

Put a checkmark for each time you were successful with your new habit. And do *not* beat yourself up if it takes time to make these habits come to life. Every meal is a new beginning.

And remember, none of these habits happened for me overnight or even very quickly. It took years of consistency for them to stick. I’m hoping this book will speed that process up for you.

Add a checkmark for each time you successfully completed the action. Add an x for when you didn’t. *No judgment*. It’s just a mark.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Week 1: Be mindful at one meal. Try PN tips. |  |  |  |  |  |  |  |
| Week 2: Be mindful at two meals. Try PN tips. |  |  |  |  |  |  |  |
| Week 3: Be mindful at every meal. Try PN tips. |  |  |  |  |  |  |  |