



Mindful Eating Challenge Log

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| Name | | Department | |
| Employee ID | | Phone | |

To fill out your log: 1) Pick a goal for the week out of the 3 options given for that week. 2) Write or type in the goal in the space provided. 3) Follow the goal's guidelines for timeframe completion. 4) If you accomplish the goal for that day, make a check in the corresponding box. 5) When the week is over, write in a few personal reflections in the space provided.

| Week | Goal | M | T | W | T | F | S | S | Observations from this past week. Is this something that you will be able to continue? |
|--------|------|---|---|---|---|---|---|---|--|
| Week 1 | | | | | | | | | |
| Week 2 | | | | | | | | | |
| Week 3 | | | | | | | | | |
| Week 4 | | | | | | | | | |
| Week 5 | | | | | | | | | |
| Week 6 | | | | | | | | | |