



The Action Points

1. Learn how you respond

Observe how you respond to certain food and eating behaviors. If you are using a problematic food or behavior to feel good, explore other ways to activate this feel good response.

2. Honesty check

Do an honest check-in about your eating habits--what foods, frequency of eating, how and where you eat. Assess which of these habits support your health and weight goals and which hold you back. Identify a couple of habits you will create to move you toward successfully reaching your goal and maintaining afterward.