



30-Day *Mindful Eating*

CHALLENGE



*Fostering a deeper connection with your
food and eating habits.*

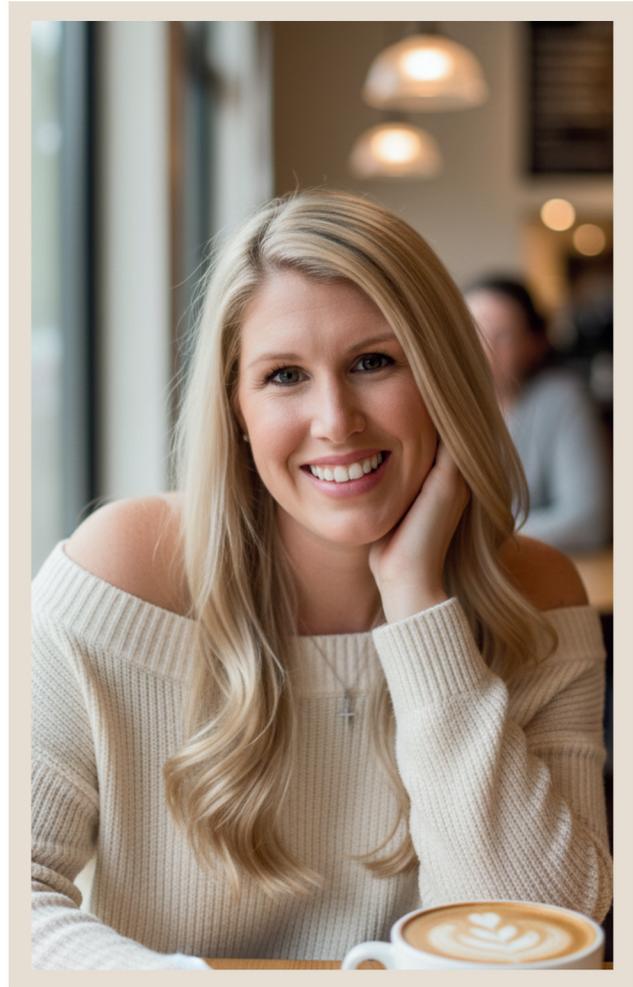
EMBRACEYOURJOURNEY.CA

Meet Your Coach: Kristin

I am your guide and supporter on this journey. As a qualified nutrition, weight loss and holistic health coach, I am dedicated to helping individuals like you create a positive and healthy relationship with food.

My approach is holistic, with a focus towards education, mindset and mental/emotional health and it's effect on our eating choices. I truly believe that the skill of mindful eating can bring about a new outlook on your diet, nutrition and eating habits and therefore create lasting change.

Through this challenge, I'll share insights, tips, and daily practices to help you become more mindful of your eating habits. Remember, this journey is as much about the mind as it is about the body.



How It Works:

- **Daily Focus:** Each day, you'll have a specific focus or activity that encourages mindfulness around food.
 - **Track Your Progress:** Keep a journal or use the provided log to reflect on your experiences.
 - **Stay Committed:** Engage with the challenge daily for the best results.
 - **Practice Patience:** Mindful eating is about learning and growth, not perfection.
-

Tips for Success

01

Be Kind to Yourself

Mindful eating is a journey, not a destination. It's important to remember that progress is key, not perfection. You may have days where mindful eating feels challenging, and that's okay. Be patient and compassionate with yourself as you navigate this new way of relating to food.

02

Listen to Your Body

Tune in to your body's signals of hunger and fullness. Mindful eating involves recognizing these cues and responding to them appropriately. This means eating when you are physically hungry and stopping when you are comfortably full, not just when your plate is empty.

03

Explore Your Preferences

Use this challenge as an opportunity to discover what foods you truly enjoy and what foods nourish your body. This is not just about taste but also about how different foods make you feel. Exploring your food preferences can lead to a more enjoyable and balanced diet.

04

Stay Curious

Maintain an open mind throughout this challenge. Be curious about your eating habits, emotions connected to food, and how various foods affect your body and mind. This ongoing learning process is essential for developing a deeper understanding of mindful eating.

05

Practice Mindful Shopping & Cooking

Extend mindfulness to the way you shop for and prepare your food. This can enhance your connection to what you eat and increase your appreciation for the nourishing qualities of food.

06

Find Balance

Mindful eating is not about restriction but about balance. Allow yourself to enjoy all foods without guilt, focusing on how they fit into your overall eating pattern.

Completion Reflection

Congratulations on Completing the 30-Day Mindful Eating Challenge!

You've taken significant steps towards developing a more mindful and healthy relationship with food. Reflect on the journey you've embarked on:

- **Changes Noticed:** What changes have you observed in your eating habits, food choices, and how you relate to food?
- **Mindful Moments:** Recall moments when you were particularly mindful during the challenge. How did these moments make you feel?
- **Challenges and Growth:** Consider any challenges you faced and how you overcame them. What did you learn about yourself?
- **Moving Forward:** Think about how you can continue to apply the principles of mindful eating in your daily life. What practices will you maintain?

Remember, mindful eating is a practice that can continue to evolve and benefit you throughout your life.

A close-up photograph of a woman with long brown hair, smiling warmly. She is wearing a white lab coat and holding a clear glass bowl filled with a fresh salad of various greens and cherry tomatoes. Her hands are visible, holding the bowl from underneath. The background is softly blurred, suggesting an indoor setting with natural light.

DAILY CHALLENGE OUTLINE

WEEK 1

Introduction to Mindfulness

DAY 1

Eat one meal in silence, focusing solely on the experience of eating.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 2

Chew each bite 20 times to slow down and savor your food.

• Thoughts

• Observations

• Feelings

DAY 3

Identify your hunger cues before eating. Are you physically hungry or emotionally eating?

• **Thoughts**

• **Observations**

• **Feelings**

DAY 4

Eat a meal without any distractions (TV, phone, reading).

• **Thoughts**

• **Observations**

• **Feelings**

DAY 5

Try a new food or flavor and focus on the taste and texture.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 6

Portion your food mindfully, serve only what you believe to be enough to satisfy you.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 7

Reflect on your week, noting any new observations about your eating habits.

• Thoughts

• Observations

• Feelings



DAILY CHALLENGE OUTLINE

W E E K 2

Understanding Hunger and Fullness

DAY 8

Rate your hunger on a scale of 1-10 before and after the meal. What does this tell you?

• **Thoughts**

• **Observations**

• **Feelings**

DAY 9

Identify an unhealthy or mindless habitual eating behavior and replace it with a mindful choice.

• Thoughts

• Observations

• Feelings

DAY 10

Notice the color, smell, texture, and flavor of your food.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 11

Mid-meal pause - halfway through eating to assess your hunger.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 12

Eat a meal with your non-dominant hand to slow down.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 13

Put your utensils down after every bite to focus on the food you are chewing and not the next bite.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 14

Give into a craving that you have for this meal and then reflect on your feelings of satisfaction after your meal.

• **Thoughts**

• **Observations**

• **Feelings**

A close-up photograph of a person's hands holding a green apple and a donut. The person's face is blurred in the background. A green rectangular text box is overlaid on the center of the image. The text box contains the words "DAILY CHALLENGE OUTLINE" at the top, "WEEK 3" in a white-bordered box in the middle, and "Mindful Choices and Enjoyment" at the bottom. The person's hands have tattoos: a large "5" on the left hand and a diamond shape on the right hand. The donut is orange with white and blue sprinkles.

DAILY CHALLENGE OUTLINE

WEEK 3

Mindful Choices and Enjoyment

DAY 15

Prepare a meal mindfully, paying attention to each step.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 16

Choose a new to you meal and then eat it slowly while describing the flavors and textures.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 17

Fill your plate with a healthy balanced meal and then eat very slowly and mindfully to STOP eating when 80% full. How did you do?

• Thoughts

• Observations

• Feelings

DAY 18

Focus on the nutritional value and benefits of your food.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 19

Create a colorful and visually appealing meal. Take a picture and share it.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 20

Eat a treat mindfully, savoring the flavors and textures.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 21

Reflect on how mindful eating affects your food choices.

• **Thoughts**

• **Observations**

• **Feelings**



DAILY CHALLENGE OUTLINE

WEEK 4

Integrating Mindfulness into Everyday Life

DAY 22

Eat all meals mindfully today.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 23

Practice gratitude before eating - thank the sources of your food.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 24

Notice if stress affects your eating habits and apply mindfulness.

• Thoughts

• Observations

• Feelings

DAY 25

Observe how different foods affect your energy and mood.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 26

Shop for ingredients fresh from a market or stand and then prepare your meal and eat right away.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 27

Plan your meals mindfully for the entire next week.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 28

Reflect on how your attitude towards food has changed.

• **Thoughts**

• **Observations**

• **Feelings**

DAY 29

Share your mindful eating journey with someone.

• Thoughts

• Observations

• Feelings

DAY 30

Celebrate your completion with a special mindful meal.

• Thoughts

• Observations

• Feelings

DAY 30

Celebrate your completion with a special mindful meal and reflect over the last 30 days.

• Thoughts

• Observations

• Feelings
