



Mindful Eating

Success begins with a plan. We’ve provided a few ideas to get you started. Complete this template to create your action plan for Mindful Eating. Then follow the steps you’ve defined to achieve your goal.

Name:

Date:

My goal is to:

I will complete
my goal by: (date)

I will know I’ve achieved my goal when:

I am working on this goal with: (add names)

**MINDFUL
EATING TIP:**

Don't eat on the go.
You're less likely to
appreciate your food when
you're multi-tasking.
Sit down and turn
your attention to
your meal.

Specific steps I will take to reach my goal:	Resources I can use:	I will complete this step by: (date)
1. Learn more about mindful eating	<u>Happify: How Mindfulness Can Change the Way You Eat</u>	
2. Assess your knowledge of mindful eating	<u>Mindful Eating Quiz</u>	
3.		
4.		
5.		

You can't control everything in your life,
but you can control what you put in your body. – Unknown