

THE POWER OF 3 CHECKLIST -- DIET (ADAPTED FROM MINDLESS EATING)

NAME:

MONTH/YEAR:

DIET GOALS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL

INSTRUCTIONS: Choose 3 eating goals that will best help you overcome your current mindless eating habits and place an **X** in each box as you accomplish that goal.

Weight at the beginning of the month = _____ pounds

Weight at the end of the month = _____ pounds