

the **WALLEN** way

GET FIT, FIERCE, AND FABULOUS!

Reflection Exercise: Explore Your Relationship with Food

Instructions: Write down every meal, snack, and beverage you consume from Monday, June 23 through Saturday, June 28.

Do NOT try to eat any differently than you have in the time preceding this exercise, because having an honest reflection of your existing behaviors is monumentally important for your results in the long-term.

Keep a notebook with you at all times and make a mental note to record the following details regarding every eating decision:

- 🕒 Where were you? Home, a restaurant with friends, park with kids, party, etc.?
- 🕒 How did you feel afterward? Energetic, tired, satisfied, bellyache, guilty, etc.?
- 🕒 How would you rate your enjoyment of this meal on a scale of 1-10?

You are welcome to include any additional details that you feel are important; for example, if you went through a fast food drive-thru because you were in a hurry, only ate a particular food because a friend or family member made you feel like you HAD to do it, or ate something sweet or sugary due to boredom or emotional stress, that would be helpful for me to know.

I like to begin with this exercise, because it provides revealing insight that explains *why* you eat the way you do, and it provides important contextual details that will help me understand *how* to best help you.

It will take time and patience to deal with the root causes of your cravings and emotional eating behaviors; however, if you perform this exercise as instructed and are willing to be 100% honest in your food diary, we will have all the ammunition we need to put you back in control of your eating decisions.

I will send you a text in the morning, afternoon, and evening with a friendly reminder to make sure you remember to record this information. If you receive one of those texts a little while after a meal and can't remember every last detail, don't stress out about it; simply write down as much information as you can recall, and don't sweat the rest.

Type this info and email it to me early on Sunday, and we will chat about it that evening.

Note: If you get used to those texts and need me to change-up the communication in some way, please don't be afraid to tell me, because your success is important to me.