January 2015  My Mindless Margin Daily Checklist

### MindlessEating.org

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Three **small, easy** food-related changes I want to make this month are to...

1. 

2. 

3. 

A non-food habit I want to have in my life is to...

January Notes:
### February 2015  
**My Mindless Margin Daily Checklist**

#### Three *small, easy* food-related changes I want to make this month are to...

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#### A non-food habit I want to have in my life is to...

#### February Notes:
### Three small, easy food-related changes I want to make this month are to...

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### A non-food habit I want to have in my life is to...

### March Notes:
Three **small, easy** food-related changes I want to make this month are to...

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April Notes:
Three small, easy food-related changes I want to make this month are to...

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May Notes:
Three **small, easy** food-related changes I want to make this month are to...

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June Notes:
July 2015

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Three **small, easy** food-related changes I want to make this month are to...

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July Notes:
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Three **small, easy**
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August Notes:
Three **small, easy** food-related changes I want to make this month are to...

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September Notes:
### October 2015

#### My Mindless Margin Daily Checklist

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October Notes:
Three **small, easy** food-related changes I want to make this month are to...

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November Notes:
Three **small, easy** food-related changes I want to make this month are to...

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December Notes: