### Mindless Margin Daily Checklist

#### January Notes:

1. 

2. 

3. 

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

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

1. 

2. 

3. 

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### My Mindless Margin Daily Checklist

**February 2016**

#### 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...

#### February Notes:
### March Notes:

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

   1. 
   
   2. 
   
   3. 

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

   March Notes:
### April Notes:

1. 

2. 

3. 

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

May Notes:
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...

June Notes:
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...

July Notes:
| 1 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 2 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 3 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

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...

August Notes:
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**September Notes:**

1. 

2. 

3. 

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

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

1.

2.

3.
### My Mindless Margin Daily Checklist

#### October 2016

| S | M | T | W | T | F | S | 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 |

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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:

October Notes:
### November Notes:

#### 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...
### December Notes:

1. 

2. 

3.

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

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

1. 

2. 

3.