### January 2017 My Mindless Margin Daily Checklist

#### 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:

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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...

#### 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...

3. 

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Mindless Eating.org
### My Mindless Margin Daily Checklist

#### April 2017

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

1. 

2. 

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

April Notes:
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### May 2017

**My Mindless Margin Daily Checklist**

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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...**

**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:
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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### 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...

September Notes:
### October Notes:

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

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...

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: