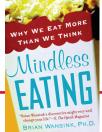


January 2018 My Mindless Margin Daily Checklist

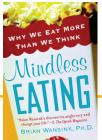
Minaless											1																								
CATING_	S	M	Т	W	Т	F	S	S	M	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	M	Т	W	Т	F	S	S	M	Т	W	Т	F	S
British Value Verification upda very well change your life. -0, for the first Magazine BRIAN WASSINK, PH.D. MindlessEating.org		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
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 2018 My Mindless Margin Daily Checklist

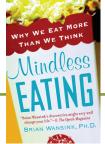
CATING	S	M	T	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F
This Estable discoveries might very will change your life-On the form Magnisse BRIAN WANSINK, PH.D. MindlessEating.org					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28		
Three small, easy food-related changes want to make this month are to																																		
l.																																		
2.																																		
3.																																		
A non-food habit I want to have in my life is to																																		





March 2018 / My Mindless Margin Daily Checklist

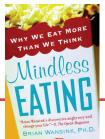
Mindless									4					-	y .									- 9	, ——				- J						
Minaless ENTING	S	N	1 T	W	Т	F	S	S	M	Т	W	Т		S	S					F		S			W		F			М				F	
**************************************					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Three small, easy food-related changes I want to make this month are to																																			
1.																																			
2.																																			
3.																																			
A non-food habit I want to have in my life is to																																			
March Notes:																																			



April 2018



Minaless																																		
FATING	S	М	Ţ	W	T	F	S	S	М	T	W	Т	F	S	S	М	T	W	Т	F	S	S	М	Т	W	Т	F	S			W	Т	F	S
State Washid's discovering angles very well sharp your life. On be dynah disparate BRIAN WANSINK, PH.D. MindlessEating.org	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				
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																																		
April Notes:																																		





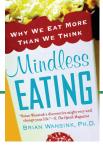
EATING	S	M	Т	W	Т	F	S	S	M	Т	W	Т	F	S	S	M	T	W	T		S		M		W	Т	F	S		М		W		$\mathbb{F}_{\underline{\mathbb{F}}}$
***			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
hree small, easy bood-related changes want to make this nonth are to																																		
3.																																		
A non-food habit I vant to have in my ife is to																																		

WHY WE EAT MORE THAN WE THINK WINDLESS EATING "Brian Wantak's discoursies might reyr well duage your lis"-0.1 he types Magninel BRIAN WANSINK, PH. D.

June 2018



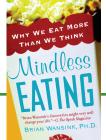
S	М																															
	IVI	W	T	F	S	S	М	Т	W	Τ	F	S	S	M	Т	W	T	F	S	S	М	Т	W	T		S		М		W	T	F
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
╄						ш													_													





July 2018 My Mindless Margin Daily Checklist

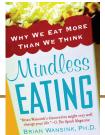
Minaless	S	М	Т	W	Т	F	S	S	M	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	M	Т	W	Т	F
**There Existals & discretifies slight very well datage year life "-O. The Opin Magazine BRIAN WASHINK, PH.D. MindlessEating.org	1	2	3	4	5	6	7	8	9	10		12	13				17		19	20			23	24		26	27				31			
Three small, easy food-related 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 2018



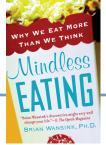
EATING	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т				М		W	Т	F	S	S	М	Т	W	Т	F
*Rian Wansha's discoveries night very well change you life - On the type Magazard BRIAN WANSINK, PH.D. MindlessEating.org				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	.8	19	20	21	22	23	24	25	26	27	28	29	30	31
Three small, easy food-related 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																																		





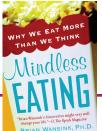
September 2018 My Mindless Margin Daily Checklist

Minaless	_															-														-						
CATING	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	
**Roan Stanish discoveries suight very will damp your lie"- D. Nopen Magnard damp your lie"- D. Nopen Magnard MANSINK, PH.D. MindlessEating.org							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
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:																																				





_																																		
S				T	F													T	F						T	F						Т	F	5
	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			
	S	_	S M T 1 2																															





November 2018 My Mindless Margin Daily Checklist

TAIINI.	S	M 7	- W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	M	T۱	W	Т	F	S	S	M	Т	W	Т	F
-bran Santak a neweries engly very well change you like -0. The Open Magnine BRIAN WANSINK, PH.D.				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
MindlessEating.org																				4					_								
Three small, easy food-related changes want to make this month are to																																	
1.																																	
2.																																	
3.																																	
A non-food habit I want to have in my life is to																																	





December 2018 My Mindless Margin Daily Checklist

Millioreoso																																					
EATING	S	М	T	W	T	F	S	S	М	T	W	T	F	S	S	М	Т	W	T	F	S	S	М	Т	W	Т	F	S		М		W	T			Su	
*RILLIN Wansha's discoveries night very will along youther -0, to dyna disprised change youther -0, the dyna disprised BRIAN WANSINK, PH.D. MindlessEating.org							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	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																																					