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 Notes:

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

1. 

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

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

April 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...

May 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...

June 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...

July Notes:
MindlessEating.org

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...

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

1. 

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

### October Notes:

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

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

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October 2018

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MindlessEating.org

### November Notes:

1. 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:
### Mindless Eating Margin Daily Checklist December 2018

**MindlessEating.org**

#### 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. 

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