### My Mindless Margin Daily Checklist

**January 2019**

#### 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 2019

#### My Mindless Margin Daily Checklist

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<tr>
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MindlessEating.org

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:

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MindlessEating.org
### 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:
**MindlessEating.org**

**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:
MindlessEating.org

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:
MindlessEating.org

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:
### MindlessEating.org

**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 | 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:
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:
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November 2019

My Mindless Margin Daily Checklist

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

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: