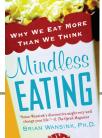


January 2019 My Mindless Margin Daily Checklist

Minutess																																				
TATINI;	S	N	1	T	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	М	Т	W	Т	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		
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:	-	•	<u>'</u>			•	•	•	-	•	•	•	•	•	•		•	•	•		•		_	•	•	•	•	•				•				





February 2019 My Mindless Margin Daily Checklist

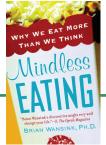
Minaless										-					_														-						
_ CATINGI	S	N	1 T	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S
*** **** *****************************						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28		
Three small, easy food-related changes I want to make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



March 2019

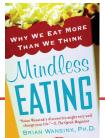


Minaless														_														_							
EATINI;	S N	/ 1	ΓW	Т				М	Т	W	Т		S		М	Τ	W	Τ			S	М		W	Τ				М		W	Т			
*** *** *** *** *** *** *** *** *** **					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Three small, easy food-related changes I want to make this month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





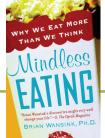
TATING	S	М	T	W	T	F	S	S	М	Т	W		F	S	S	М	T_	W	Т	F	S		M	Т	W	Т	F	S				W	Т	F	S
Their Wantak discording night very well change your life "-0. The Gyark Magniture BRIAN WANSINK, PH.D. MindlessEating.org		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
Three small, easy food-related 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																																			





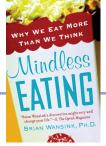


EATING	S	M	Т	W	Т	F	S	S	M	Т	W	Т	F	S	S	M			Т	F	S		М		W	Т		S		M		W	Т	F
-Teas Wanta's desverties angle very will change you life -O, the dyna Magness BRIAN WANSINK, PH.D. MindlessEating.org				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Three small, easy food-related 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																																		





Minaless																																				
TATING	S	М	Т	W	/ T	F	S	S	М	Т	W	Τ	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S	Su
State Washalk discoverine angia very well charge your life. On the dynak linguage 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																																				
June Notes:																																				



July 2019

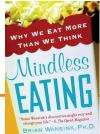


FATIME	S	M	Т	\/\/	Т	F	ς	S	M	Т	\/\/	Т	F	ς	ς	М	Т	W	Т	F	S	S	М	Т	\/\/	Т	F	ς	S	M	Т	\/\/	Т	F	S
*Britis Wanda's discoveries night very will change your life O. the dynah Magamet BRIAN WANSINK, PH.D.			2	3	4	5	6	7	8	9	10	11	12	13	14		16		18	19				23	24	25	26	27	28						
MindlessEating.org																																			
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																																			
July Notes:																																			



August 2019 My Mindless Margin Daily Checklist

Mindless															•														_					
_ FATING	S	М	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	S	M	Т	W	Т	F
*Bran Wanish's discoveries might sery well charge your life. On the dynah Magnasia 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 ood-related changes want to make this nonth are to																																		
2.																																		
3.																																		
A non-food habit I want to have in my ife is to																																		





September 2019 My Mindless Margin Daily Checklist

T W T 3 4 5	F S 6 7		9			T 12	13 1		M 16			T F 19 20	_			T W 24 2:		F 27	S 28			T	F
3 4 5	6 7	8	9	10	11	12	13 1	4 15	16	17	18	19 20	21	22	23	24 25	5 26	27	28	29	30		
								+															



October 2019 My Mindless Margin Daily Checklist

Minaless															_										•				_						
CATINGL	S	M	T	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	М	Т	W	Т	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		
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 2019 My Mindless Margin Daily Checklist

TATING	S	M	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	M	Т	W	Т	F	S	S	М	Т	W	Т	F	S	S	M	Т	W	Τ	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
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 2019 My Mindless Margin Daily Checklist

Minaless	c	ΝЛ	-	۱۸/	т	-	c	c	ΝЛ	-	۱۸/	т	-	c	c	ΝЛ	_	10/	_	-	c	C	N/I	_	۱۸/	_	-	c	c	ΝЛ	_	۱۸/	_	г
*Bulla Wantal's discoursies might very well change your list.**-0. The Open Mergement BRIAN WANSINK, PH.D.	1	2	3	4	5	6	7	8	9 9	10	W 11	12	13	14		16		W 18	19		21		M 23		W 25	26	F 27	28	29	30		VV	T	
MindlessEating.org																																		
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 ife is to																																		