### January 2020

#### My Mindless Margin Daily Checklist

[Image: MindlessEating.org]

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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...**

**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 2020

#### 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 |
| 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:
### 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:
### May Notes:

1. 
2. 
3.

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

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MindlessEating.org
### MindlessEating.org

#### June 2020

**My Mindless Margin Daily Checklist**

**June 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...

   

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MindlessEating.org

<table>
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<tr>
<th>July 2020</th>
<th>My Mindless Margin Daily Checklist</th>
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<td>Three <strong>small, easy</strong> food-related changes I want to make this month are to...</td>
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<td>A non-food habit I want to have in my life is to...</td>
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<td>July Notes:</td>
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### Mindless Eating.org

#### August Notes:

**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...

August 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...

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:
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...
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: