

# LEAN DOWN ROUTINE

Date \_\_\_\_\_

## ENJOY EATING

EAT AND DRINK MINDFULLY. EVERY TIME YOU EAT MAKE AN EFFORT TO FULLY CONCENTRATE ON THE EXPERIENCE OF EATING AND DRINKING. NOTICE THE THOUGHTS THAT LEAD TO EATING. WHAT ARE YOUR MOTIVATIONS BEHIND EATING? HOW DO YOU FEEL AFTER YOU EAT OR DRINK? WRITE YOUR THOUGHTS IN THE NOTES SECTION. ALSO, RECORD HOW MANY TIMES YOU PRACTICED MINDFUL EATING IN THE DAY.



### I. BREATHE

Breathe slowly and deeply in through your nose and out through your mouth or nose (preferably using 3-stage breathing outlined above).

### II. FOCUS

Focus your full attention on the sensory experience of eating and drinking. Close your eyes and feel the most subtle sensations in the present moment.

### III. OBSERVE & REFOCUS

When a thought or sensation catches your attention, impartially observe it exactly how it is without judging it as good or bad and say to yourself, "I am aware of ...." then bring your attention back to your tasting experience without scolding yourself.

HOW MANY TIMES DID YOU PRACTICE MINDFUL EATING TODAY? \_\_\_\_\_

NOTES:

## CHANGE THOUGHTS AROUND EATING

THROUGH MINDFUL EATING YOU HAVE EXAMINED SOME OF THE THOUGHTS YOU HAVE SURROUNDING EATING AND YOU KNOW WHY YOU ARE EATING. ARE THESE THOUGHTS GROUNDED IN IMPROVING YOUR HEALTH? HOW COULD YOU RESTRUCTURE THESE THOUGHTS TO SERVE YOUR LONG TERM HEALTH? REFRAME YOUR NEGATIVE EATING THOUGHTS INTO MORE RATIONAL AND HELPFUL THOUGHTS THAT YOU CAN USE AS BATTLE CRIES TO COUNTER UNHELPFUL THOUGHTS WHEN THEY STRIKE.

WHAT ACTIONS CAN YOU TAKE TO COUNTER YOUR MOST UNHELPFUL THOUGHTS AROUND EATING? WRITE OUT YOUR GAME PLAN TO COUNTER THESE THOUGHTS BEFORE THEY TURN INTO UNHEALTHY EATING.

## EAT WELL

TRACK HOW WELL YOU FOLLOWED SIMPLE EATING HABITS PROVEN TO HELP GET TO OR MAINTAIN A HEALTHY WEIGHT. CHANGE YOUR RELATIONSHIP TO EATING WITHOUT UNREALISTIC AND UNSAFE DIETING PRACTICES.

WEIGHT? \_\_\_\_\_

ATE MINDFULLY & SLOWLY? ☆ ☆ ☆

ATE UNTIL 80% FULL, THEN STOPPED? ☆ ☆ ☆

ATE WHOLE FOODS?



USED HAND TO MEASURE PORTIONS?



INTERMITTENT FASTING?



# LEAN DOWN ROUTINE

## MOVE NATURALLY

CHOOSE 1-5 NATURAL MOVEMENT PATTERNS TO INTEGRATE INTO YOUR LIFE. WALK YOUR DOG IN NATURE, PLAY A SPORT WITH A FRIEND, DANCE, HIKE, PLAY AN ACTIVE VIDEOGAME, PLAY WITH YOUR CHILDREN OR ANIMALS, WORK WHILE STANDING UP OR MOVING, PLANT A GARDEN, OR START AN ACTIVE HOBBY. PERFORM & CHECK OFF AT LEAST ONE MOVEMENT PATTERN DAILY.



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