

# MINDFUL EATING

# ME LOG

AS YOU EAT, ASK YOURSELF THE FOLLOWING MINDFUL QUESTIONS.

**WHAT AM I EATING?**

**WHY AM I EATING?**

**WHEN AM I EATING?**

**WHERE AM I EATING?**

**WHO AM I EATING WITH?**

**HOW MUCH AM I EATING?**

4

**GROWING  
MINDS**