

21 DAYS

For More Info Visit: Tayler.Silverduk.us

TO INTUITIVE EATING CHALLENGE

Week 1: Intuitive Eating x 1

- 1 PRIORITY A MEAL
- 2 ELIMINATE DISTRACTIONS
- 3 HONOR YOUR HUNGER
- 4 HONOR YOU FULLNESS
- 5 IDENTIFY EMOTIONAL/PHYSICAL CUES
- 6 ADDRESS EMOTIONAL/PHYSICAL CUES
- 7 REFLECT & BE PRESENT

Week 2: Intuitive Eating x 2

- 1 PRIORITY ANOTHER MEAL
- 2 GIVE YOURSELF PERMISSION
- 3 GIVE YOURSELF GRACE
- 4 SHOW GRATITUDE
- 5 HONOR YOU HEALTH
- 6 EXERCISE FOR THE FEELING
- 7 REFLECT & BE PRESENT

Week 3: Intuitive Eating x 3

- 1 MINDFUL DURING ALL MEALS
- 2 PICK YOUR OWN PRACTICE
- 3 3 IMPORTANT CONCEPTS
- 4 3 IMPORTANT CONCEPTS
- 5 3 IMPORTANT CONCEPTS
- 6 REFLECT & BE PRESENT
- 7 PRACTICE YOUR PLAN