

# MINDFUL EATING QUIZ

DATE \_\_\_\_\_

*Why do you want to eat? Are you hungry, bored, emotional ...*

*What do you want to eat?*

*What time of the day is it?*

*When was your last meal/snack?*

*What are you doing? Watching TV, playing on your phone, working on your computer ...*

*Are you physically hungry or are you mentally hungry?*

**DISCLAIMER:**

The workout plans, yoga flows, nutrition tips and healthy lifestyle advice shared through our website and/or PDF guides is aimed at healthy adult women and is not a substitute for medical advice or treatment for specific medical conditions.

If you experience any pain or difficulty while doing any exercise described, including sudden dizziness, chest pain, an irregular heartbeat, weakness or unusual shortness of breath, immediately stop exercising and consult your health care provider.

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