

daily
check list

month _____

monthly
check list

Designate a positive affirmation	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	

Identify food/body police thoughts	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	

Challenge and Reframe the food/body police thoughts	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	

Eat Breakfast, Lunch, Dinner & Snacks as needed	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	

Hunger/Fullness Reflections (once in phase 2)	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	

Identify intention/wins for the week & post in Facebook group M/W	1	2
	3	4

Watch or Rewatch 1-2 videos in Behind The Binge Course	1	2
	3	4

Attend/Watch Weekly Mastermind Call	1	2
	3	4

Engage in Facebook Group Discussions	1	2
	3	4

☐	Complete 1+ module section(s)
☐	Introduction
☐	Start here!
☐	Intuitive Eating 101
☐	Mindset
☐	Breakup with Dieting
☐	Break Food Rules
☐	End of Phase One
☐	Body Image
☐	Listen to Your Body
☐	End of Phase Two
☐	Cope with Emotions
☐	External Health Values

☐	Attend/Watch Weekly Mastermind Call
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☐	Attend/Watch Live Training Q&A
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☐	Review Food Freedom Resource Library as Needed
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weekly
check list

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weekly check list

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