

## Naturally Thin Habits

- \_\_\_ Practice focusing on the present most days (Ch 3)
- \_\_\_ Practice relaxation for twelve minutes most days (Ch 3)
- \_\_\_ Practice healthy thinking most days (Ch 3)
- \_\_\_ Interact socially on a regular basis (Ch 3)
- \_\_\_ Develop a skill, create art, or help others regularly (Ch 3)
- \_\_\_ Keep your home mostly junk food free (Ch 4)
- \_\_\_ Keep your work space mostly junk food free (Ch 4)
- \_\_\_ Decide in advance what to do in tempting situations (Ch 4)
- \_\_\_ Master one method for calming cravings (Ch 4)
- \_\_\_ Master three methods for calming cravings (Ch 4)
- \_\_\_ Use a binge-prevention technique as needed (Ch 4)
- \_\_\_ Use self-therapy for cravings as needed (Ch 4)
- \_\_\_ Eat a handful of nuts with breakfast most days (Ch 6)
- \_\_\_ Eat a handful of nuts with lunch or dinner most days (Ch 6)
- \_\_\_ Eat vegetables or fresh fruit with breakfast most days (Ch 6)
- \_\_\_ Eat vegetables or fresh fruit for a third of lunch most days (Ch 6)
- \_\_\_ Eat vegetables or fresh fruit for half of lunch most days (Ch 6)
- \_\_\_ Eat vegetables or fresh fruit for a third of dinner most days (Ch 6)

## The Diet Dropout's Guide to Natural Weight Loss

- \_\_\_ Eat vegetables or fresh fruit for half of dinner most days (Ch 6)
- \_\_\_ Eat slowly-digesting grains with breakfast most days (Ch 6)
- \_\_\_ Eat slowly-digesting grains with lunch most days (Ch 6)
- \_\_\_ Eat slowly-digesting grains with dinner most days (Ch 6)
- \_\_\_ Eat low-fat yogurt with breakfast most days (Ch 6)
- \_\_\_ Eat low-fat yogurt with lunch or dinner most days (Ch 6)
- \_\_\_ Eat no more than three refined-floury or sugary foods a day (Ch 6)
- \_\_\_ Eat no more than two refined-floury or sugary foods a day (Ch 6)
- \_\_\_ Eat refined-floury or sugary foods only in small portions (Ch 6)
- \_\_\_ Eat potato-based foods no more than once a week (Ch 6)
- \_\_\_ Eat potato-based foods only in small portions (Ch 6)
- \_\_\_ Eat white rice no more than once a week (Ch 6)
- \_\_\_ Eat white rice only in small portions (Ch 6)
- \_\_\_ Eat high-calorie dressings and toppings sparingly (Ch 6)
- \_\_\_ Drink no more than one sugary or alcoholic drink a day (Ch 6)
- \_\_\_ Drink sugary drinks no more than once a week (Ch 6)
- \_\_\_ Drink sugary or alcoholic drinks only in small amounts (Ch 6)
- \_\_\_ Eat breakfast, lunch, and dinner every day (Ch 6)
- \_\_\_ Eat a solid, balanced breakfast every day (Ch 6)

- \_\_\_ Eat junk food only with meals (Ch 6)
- \_\_\_ Eat breakfast mindfully (Ch 6)
- \_\_\_ Eat lunch mindfully (Ch 6)
- \_\_\_ Eat dinner mindfully (Ch 6)
- \_\_\_ Eat snacks mindfully, if at all (Ch 6)
- \_\_\_ Eat restaurant food no more than six times a week (Ch 6)
- \_\_\_ Eat restaurant food no more than three times a week (Ch 6)
- \_\_\_ When eating out, eat a small meal (Ch 6)
- \_\_\_ Get enough sleep (Ch 6)
- \_\_\_ Watch television no more than one hour most days (Ch 6)
- \_\_\_ Watch television no more than thirty minutes most days (Ch 6)
- \_\_\_ Don't watch television most days (Ch 6)
- \_\_\_ Limit total leisure screen time to one hour most days (Ch 7)
- \_\_\_ Exercise at least ten minutes most days (Ch 7)
- \_\_\_ Exercise at least thirty minutes most days (Ch 7)
- \_\_\_ Exercise at least forty-five minutes most days (Ch 7)
- \_\_\_ Exercise at least sixty minutes most days (Ch 7)
- \_\_\_ Do three or more strengthening exercises at least twice a week (Ch 8)
- \_\_\_ Do six or more strengthening exercises at least twice a week (Ch 8)