

# PRE-FOOD

## Checklist

*Head*

Am I being judgemental about this food or wanting to eat? Am I distracted?

*Heart*

How am I feeling? Am I using food to cope with my emotions?

*Hunger*

Am I hungry? On a scale of 1-10, how hungry am I?

*Breathe*

Am I relaxed? take a few deep breaths to relax before you start to eat

*Present*

Am I fully present? Engage your senses and take note of how the food looks and smells.

*Posture*

Am I seated and relaxed? Am I in the best environment possible to enhance this experience?



[YOURHEALTHANDLIFESTYLE.CO.UK](https://yourhealthandlifestyle.co.uk)



[@YOURFOODFREEDOM](https://www.instagram.com/yourfoodfreedom)

Need some more support? Contact us at [hi@yourhealthandlifestyle.co.uk](mailto:hi@yourhealthandlifestyle.co.uk)



Your Health  
& Lifestyle Ltd.

©Your Health and Lifestyle Ltd. 2020 - present