

Intuitive Eating

by Evelyn Tribole

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Retire one food rule**
Name one rule that creates fear rather than care.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Build a hunger scale**
Write your personal signs for early, moderate, and urgent hunger.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Choose satisfying foods**
List three foods that make meals feel complete and calm.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Plan a neutral meal check**
Decide when you will pause during one meal to notice fullness.

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☐ ⁰⁵ **Eat before urgency**
Respond to early hunger once today instead of waiting until depleted.

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☐ ⁰⁶ **Pause halfway**
Halfway through a meal, ask what level of enough is present.

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☐ ⁰⁷ **Use neutral language**
Replace good/bad food labels with descriptive observations.

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☐ ⁰⁸ **Add satisfaction**
Improve one meal for pleasure, texture, or warmth.

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