**~ Saving The Craving ~ Worksheet #1 - September 2020**

*Hello lady! No editing of yourself required – just be honest and jot down your answers. This info is for you – for your own self-awareness and learning. No judgement required! Jot down your answers and then hop on over to the tutorial for this month’s learning and tools.*

**What’s your go to breakfast you have most days? How do you feel after?**

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**What’s your go to lunch you have most days? How do you feel after?**

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**What’s your go to dinner you have most days? How do you feel after?**

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**Talk snacks. What are your “good” snacks & what are your ”bad” snacks?**

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**When do you REALLY fall off the wagon foodwise? Hangovers? Holidays? Bad Days? Mother In Law visits?**

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**When is your willpower weakest food wise? What happens?! Be honest now.**

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**What foods do you CRAVE? Like craaavveeee….must have!**

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**What foods do you tend to over eat?**

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**What do you “pop and can’t stop”…which foods will you just keep going and going with? You know you are not really hungry but the whole packet just sort of…goes….**

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*Good work Sugar (pun intended*🙂*)!*

*Now rock your sweet self on over to the tutorial and let’s make some magic happen!*

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