

## Snack Smarter: Break the Grazing Habit

### Challenge Overview:

Over the next three days, track your snacking habits. Use this simple exercise to identify patterns, make smarter choices, and stop grazing in its tracks.

### Steps to Complete the Challenge:

#### 1. Log Your Snacks:

- - Write down every snack you eat, including the time, what you ate, and where you ate it (e.g., kitchen, couch, car).

#### 2. Identify Grazing Moments:

- - Highlight any snacks that were unplanned or mindless (e.g., grabbing chips while watching TV).

#### 3. Make One Change Per Day:

- - Day 1: Plan at least one intentional snack (e.g., fruit and nuts at 3 PM).
- - Day 2: Set up a barrier to a grazing habit (e.g., move chips to a less convenient spot).
- - Day 3: Replace a grazing moment with an activity (e.g., drink water, take a short walk).

#### 4. Reflect:

- - At the end of Day 3, answer these questions:
  - - What triggers your grazing?
  - - What changes worked best for you?
  - - How did planning snacks make you feel?

## Snack Tracking Log:

### Day 1:

1. Time:

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2. What You Ate:

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3. Where You Ate It:

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4. Was It Planned or Grazing?

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5. Notes or Reflections:

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**Day 2:**

6. Time:

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7. What You Ate:

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8. Where You Ate It:

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9. Was It Planned or Grazing?

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10. Notes or Reflections:

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**Day 3:**

11. Time:

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12. What You Ate:

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13. Where You Ate It:

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14. Was It Planned or Grazing?

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15. Notes or Reflections:

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