

The “Amnesia Calorie” Cure The 3 R’s

Recognize--- Journal. Write it down before you eat it to see what you are about to do.

Remind--- Put up a bright & colorful reminder by snacks to remind you to make sure you are actually hungry before eating.

Replace--- If not hungry, do one of the following instead:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
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