

No-Cheat Checklist

WHEN I WANT TO EAT SOMETHING UNHEALTHY, I WILL...

- Remember that I have value and I have control over my desire for sugar.
- Have a glass of water.
- Weigh myself.
- Treat myself to something healthy and delicious.
- Eat a healthy combo of fats and carbs.
- Listen to an encouraging podcast.
- Call a friend.