



— PURE —

Whole-Food & Plant-Based Support



Workbook

Module Six

Eating Assessment



What were your goals for activity?

Did you have daily NEAT that was on target?

☐ Yes

☐ No

If below, what can you do this week to add more NEAT to the day?

Eating Assessment



If on or above target, do you want to maintain that activity next week? Choose what works best for your schedule and lifestyle.

How did you do with your planned activity? Do you want to stay the same or increase?

Eating Assessment



What small changes are you making to accommodate your goals?

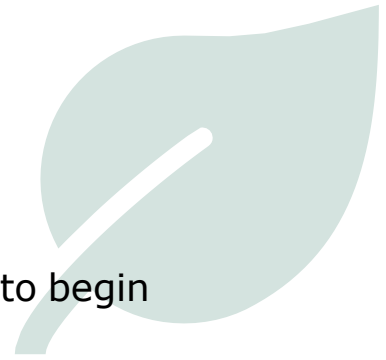
What potential challenges might you anticipate this coming week?

Eating Assessment



How can your community and new accomplishments help you navigate these challenges?

Mindfulness



Here is a fun little mindfulness exercise to try to begin practicing your mindfulness.

Step 1: Pick up one raisin (If you don't like raisins, pick another dried fruit)

Look at the raisin and really think about what you see. What color is it and what patterns, designs, shapes does it have? Is it shiny or dull? Are there any flaws to this raisin? Really take your time to examine the raisin

If at any point during this exercise, you find your mind begin to wander to something else, just bring it back to the raisin and the step you are on.

Step 2: Now smell the raisin. Aside from what you normally think of a regular raisin smell, do you notice anything else? Is it a strong smell or very mild?

Step 3: Put the raisin in your mouth but don't chew it. Use your tongue and teeth to feel the raisin. Spend a minute taking the time to feel the raisin and focus on that.

Step 4: Now go ahead and bite into the raisin. Notice how the flavor first hits your tongue. Savor the flavor as long as you can and focus on it even after you have swallowed the raisin. How long does the taste remain?

Mindfulness



Did you like the exercise? Was it difficult for you to keep your mind from wandering?

How can you apply this in your everyday? What do you struggle with that could help with some extra mindfulness?
