



OLATHEE
NATURALS

Daily Eating HABIT CHECKLIST

1. HAD A MORNING BOOST TEA TO START MY DAY ☐
2. I ATE BREAKFAST WITHIN 2 HOURS FROM WAKING UP ☐
3. I CHOOSE PLAIN WATER INSTEAD OF SUGARY DRINK ☐
4. I DRANK ENOUGH WATER FOR TODAY ☐
5. I ATE IN A SMALL PLATE/SMALL PORTIONS ☐
6. I ATE S-L-O-W-L-Y ☐
7. I ONLY EAT WHEN I'M REALLY HUNGRY ☐
8. I STOPPED EATING WHEN I'M FULL ☐
9. I ATE AT LEAST 2 SERVINGS OF FRUITS & VEGETABLES TODAY ☐
10. I LIMITED FOODS WITH LOTS OF SUGAR OR SALT ☐
11. I STOP EATING 2 HOURS BEFORE SLEEP ☐
12. I'M READY TO DRINK MY EVENING DOZE OFF TEA BEFORE SLEEP ☐

INSTRUCTION : TRY TO COMPLETE THIS CHECKLIST BEFORE GETTING TO SLEEP. YOU CAN PRINT THIS OR USE YOUR IPAD/TAB/MOBILE PHONE TO TICK THE CHECKLIST (SCREENSHOT FOR YOUR REFERENCE) AND RE-USE IT THE NEXT DAY.



TIPS : TRY TO GO FOR AT LEAST 10/12 TO KEEP YOU ON THE RIGHT TRACK TO ACHIEVE YOUR HEALTHY WEIGHT GOALS. BUT IF YOU DID LESS, DON'T STRESS YOURSELF! KEEP IMPROVING AND GET BETTER EVERY DAY!

