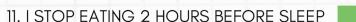


OLATHEE

## paily 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



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!