

Eating on a Bad Day

Looks at what happens to your eating when the day goes wrong, without grading it.

WHEN TO USE THIS

Use this at the end of a day that went badly.

On a hard day the job is to eat, not to eat perfectly. Those are two different things and only one of them matters today.

What does a bad day usually do to your eating?

Skipping it, picking at things, eating late, eating without noticing.

What did today actually look like?

WHEN I ATE

WHAT WAS GOING ON

What would help on the next bad day? Pick one thing.

Food already made. Someone to eat with. A reminder on your phone.

Feeding yourself on a bad day is not a small thing. It is one of the harder ones.