

The Meals That Get Skipped

Finds out which meals go missing when you are busy or low, and what that costs you later.

WHEN TO USE THIS

Use this at the end of a stretch of days that got away from you.

Think back over the last few days. Which meals got missed?

DAY	WHICH MEAL	WHAT GOT IN THE WAY

Is it more about being busy, or more about feeling low?

What do you notice later on after a meal gets missed?

Mood, energy, headaches, a shorter fuse, trouble thinking.

Which one meal would be the easiest to get back first?

Getting one meal back is a real change. You do not have to fix the whole day at once.