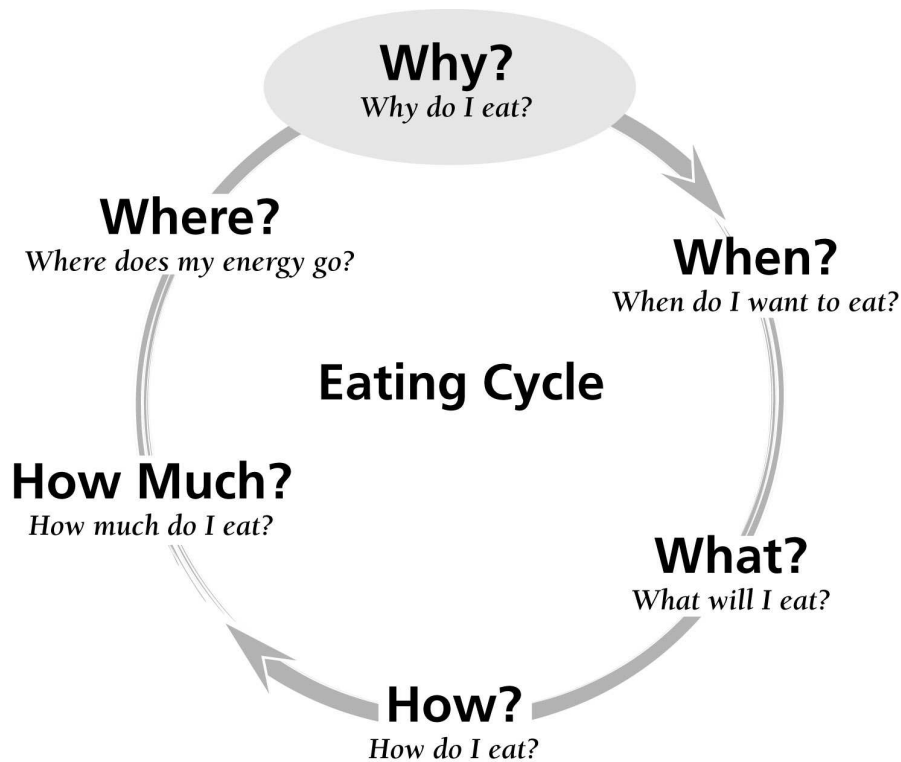




# Eat Mindfully, Live Vibrantly

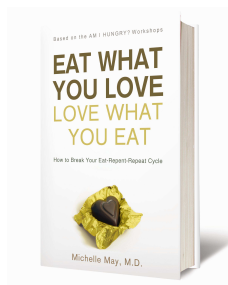
Michelle May, M.D.  
MMay@AmIHungry.com  
480 704-7811  
[www.AmIHungry.com](http://www.AmIHungry.com)

1. My “trigger foods” are:
2. Three things I notice about people who manage their weight effortlessly:
  - 1.
  - 2.
  - 3.
3. They follow an \_\_\_\_\_ Eating Cycle.



From *Am I Hungry?*  
*What to Do When Diets Don't Work*  
by Michelle May, M.D.  
available at [www.AmIHungry.com](http://www.AmIHungry.com)

4. People who struggle with their weight or struggle with making healthy choices consistently are more likely to eat due to environmental or emotional \_\_\_\_\_.
5. A few of my environmental triggers for eating are:
6. A few of my emotional triggers for eating are:
7. When I am eating in response to environmental or emotional triggers, my favorite foods to eat are:
8. If I'm not hungry when I start eating, how do I know when to \_\_\_\_\_?
9. People in an Overeating Cycle sometimes view exercise as \_\_\_\_\_ for eating!
10. Restrictive eating labels foods as \_\_\_\_\_ or \_\_\_\_\_ so people feel \_\_\_\_\_ or \_\_\_\_\_ depending on what they ate or how much they weigh.
11. Overeating = Out of \_\_\_\_\_  
Restrictive Eating = In \_\_\_\_\_  
Instinctive Eating = In \_\_\_\_\_
12. Whenever I feel like eating, I will first ask myself: "\_\_\_\_\_?"
13. "All Foods Fit" using three simple principles: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
14. Mindful eating is eating with \_\_\_\_\_ and \_\_\_\_\_.
15. I eat to fuel living. Three things I will do with my energy starting *today*:
  - 1.
  - 2.
  - 3.



**Eat What You Love, Love What You Eat**  
**How to Break Your Eat-Repent-Repeat Cycle**  
**By Michelle May MD**

Available October 2009

[www.AmIHungry.com](http://www.AmIHungry.com)