

WEEKEND EATING

PRACTICAL CHALLENGES

lack of structure
away from home
social events

MENTAL CHALLENGES

"kick back" mode
don't want to plan
reward for the week

***Weekends look different. That is Ok.
Work with it, instead of fighting it.
Embrace these concepts to help you...***

foresight
adaptability
permission
balance
mindfulness
ownership

STRATEGIES TO CONSIDER...

- think about how weekdays affect your weekend
- get a sense of your weekend plans and schedule
- identify anchor habits and maintain those
- control your food environment
- give permission and plan for play foods
- make weekend-friendly intentions
- look at the week as a whole