

Go Slow

Put your fork down

The **Go Slow Challenge** invites you to put down your fork (or spoon) between bites whenever you dine for the next 30 days. If you're eating something you hold in your hands, like pizza, set it down on your plate between bites. Chew thoroughly, enjoying the texture and flavors as you eat. The goal is to help you learn to eat more slowly. When we eat quickly, we have a tendency to overeat because it takes a while for our brains to register that we're full. Savoring every bite will actually help you feel satisfied sooner and enjoy your meal more. To complete this challenge, track "Yes" for the next 30 days to complete the challenge.

May 1	May 2	May 3	May 4	May 5	May 6	May 7
May 8	May 9	May 10	May 11	May 12	May 13	May 14
May 15	May 16	May 17	May 18	May 19	May 20	May 21
May 22	May 23	May 24	May 25	May 26	May 27	May 28
May 29	May 30	May 31				

I've completed the challenge!

(Print Name)