



Nutrition Counseling Services LLC

The TV Trap: Mindless & Boredom Eating Challenge

Purpose Statement: The purpose of this challenge is to eliminate Mindless & Boredom Eating, which results in unwanted weight gain, especially in front of the TV or any other screen (computer/tablet).

Challenge Steps:

- A. For one week, record how often you eat in front of the TV/Computer & add the calories. Calorie information may be found on the product packaging, online web search, or tracking programs such as www.myfitnesspal.com, www.loseit.com, or www.sparkpeople.com.
- B. What changes do you need to make? Practice these changes for one week.

Day of Week	Time of Day	Food/Drink	Amount	Calories
<i>Ex. Friday</i>	<i>8 pm</i>	<i>Doritos</i> <i>Coke</i>	<i>2 ounces</i> <i>16 ounces</i>	<i>280</i> <i>190</i> <i>Total: 470</i>
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

What changes do you need to make to your diet? _____

Return this sheet by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____