

Self-analysis: snacking & eating habits at different times of day

(This resource is part of the *Today/Will* series available at the Cooper Institute: www.copperinstitute.org)

Time slot (Choose the time slot(s) that represent(s) the <u>hardest</u> time of day to control your eating.	What is the situation?	Why is this the <u>hardest</u> time of day?	How do you feel after you have eaten?
<input type="checkbox"/> 0:01am – 4:00am			
<input type="checkbox"/> 4:01am - 8:00am			
<input type="checkbox"/> 8:01am – 12:00pm			
<input type="checkbox"/> 12:01pm – 16:00pm			
<input type="checkbox"/> 16:01pm – 20:00pm			
<input type="checkbox"/> 20:01pm – 24:00pm			

Time slot (Choose the time slot(s) that represent(s) the <u>easiest</u> time of day to control your eating.	What is the situation?	Why is this the <u>easiest</u> time of day?	How do you feel after you have eaten?
<input type="checkbox"/> 0:01am – 4:00am			
<input type="checkbox"/> 4:01am - 8:00am			
<input type="checkbox"/> 8:01am – 12:00pm			
<input type="checkbox"/> 12:01pm – 16:00pm			
<input type="checkbox"/> 16:01pm – 20:00pm			
<input type="checkbox"/> 20:01pm – 24:00pm			

Now, take some time to answer the following questions:

What is the difference between these two times?

What can you do next time you want to snack (on unhealthy things) or overeat?

What strategies can you use during a difficult situation to prevent or support your desire to not overeat or over-indulge in snacks (which might keep you from reaching your health goals)?
