## OBSERVATIONS EATING MOTIONAL 回

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time when I wanted to eat something off plan:	
ATT - 4 T C - 14	
What I felt	
What I did	
A time when I wanted to eat something off plan:	
What I felt	
What I did	
time when I wanted to eat something off plan:	
What I felt	
What I did	

How effective was this ☆ ☆ ☆ ☆ ☆









