

# No-Cheat Checklist

WHEN I WANT TO EAT SOMETHING UNHEALTHY, I WILL...

- ☐ Remember that I have value and I have control over my desire for sugar.
- ☐ Have a glass of water.
- ☐ Weigh myself.
- ☐ Treat myself to something healthy and delicious.
- ☐ Eat a healthy combo of fats and carbs.
- ☐ Listen to an encouraging podcast.
- ☐ Call a friend.