

MMM™ Class 2 Checklist

1. Keep a Journal for Hunger this Week

- Hunger before a meal
- Hunger after a meal

2. Use the Hunger or Habit Quiz

- Is it true hunger?
- Is it emotional, boredom, environmental, FOMO

3. Use Tools for Non-Physical Hunger

- HALT for 1 minute or more
- Distraction
- Grounding

4. What will you tell your toddler brain when she's trying to negotiate with you to eat off plan?