

THE HABIT CHALLENGES



THE HABIT CHALLENGE: EAT EVERY 3-4 HOURS WITHOUT SNACKING

WHY?

One of the most important healthy eating habits you can create, is to ensure you eat regularly throughout the day, while being tune with your hunger and fullness cues.

By missing meals we tend to under eat, which leads to a lack of energy and performance. Drastic under eating also causes a reduction in your metabolism and can actually slow fat-loss.

Snacking can all also reduce our natural hunger cues and ruin our appetites. This can result in irregular eating patterns and lack of eating routine. For some people, this is the key reason as to why they gain weight.

This habit will also help you 're-connect' with your body. The connection you have with your body is the most precious thing you have. It is your past, present and future. Understanding how your body can work for you, and processing the knowledge to make it perform optimally, is the most important information you can ever learn.

HOW CAN I PERSONALIZE THIS HABIT?

Choose where your current biggest pitfall with this habit may currently lie.

Are you skipping meals throughout the day? If so, which ones in particular? Are you mindlessly snacking between main meals? And are you doing this on a weekday or weekend, or both?

Think about what area needs your focus and attention the most to help you achieve this daily habit and put some small changes into place to make it a success.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to start with eating breakfast (or lunch or dinner) or focus on specific days (Saturdays and Sundays).

Have one day off per week from completing the habit.

This is very important: whatever you pick, it should only take you one to two minutes to complete each day.

WHAT CAN I PIGGYBACK OFF OF?

Look for events you can use as a reminder to eat every 3-4 hours: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

THE HABIT CHALLENGES



TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will eat every 3-4 hours without snacking for 6 days per week after I set reminders on my phone.

P.S. Don't worry about making this perfect. We'll help you adjust.