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"Breakloop" Chart

A journey chart toward making better choices through your relationship with food.

NAME

DAYS TOWARD JOURNEY

BREAKLOOP HABIT	1	2	3	4	5	6	7	8	9	10
I will CONSIDER eating a healthier food.										
Do a creative activity when you're getting cravings.										
I will notice impulse and let it pass at least once.										
I will express gratitude if I eat.										
I will express gratitude for sustenance.										
Did you "breakloop" today?										
Totals										