



My Triggers

What things make you act a certain way with eating, shopping and sitting still? How can you deal with them?

What are your **shopping** triggers?

- ✘ _____
- ✘ _____

How will you deal with these triggers?

- ✓ _____
- ✓ _____

What are your **eating** triggers?

- ✘ _____
- ✘ _____

How will you deal with these triggers?

- ✓ _____
- ✓ _____

What are your triggers for **sitting still** instead of being active?

- ✘ _____
- ✘ _____

How will you deal with these triggers?

- ✓ _____
- ✓ _____