









# Science of Food Choice

with Julita E. Baker, PhD

## DAILY WELLNESS CHECKLIST

Congratulate yourself at the end of the week!

FOCUS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Future self</b> - What food choices do I intend on today?					
 <b>Food</b> - What antioxidant rich, high fiber, microbiome promoting foods am I choosing?					
 <b>Mindfulness</b> -How does the meal taste? Am I hungry/satiated?					
 <b>Monitoring</b> - What did I eat & drink today?					
 <b>Eating window</b> - What time did I have my meals today?					
 <b>Palatability Substitution</b> - Did I make substitutes? (herbs & spices)					
 <b>Meditation</b> - Did I meditate today?					
 <b>Exercise</b> - What form of exercise did I do today?					