

LAYING THE GROUNDWORK

(MODULE ONE)

Video One: Intuitive Eating 101

Completed

Notes & Thoughts

Questions?

Video Two: Mindful Eating vs Intuitive Eating

Completed

Notes & Thoughts

Questions?

Video Three: Non-Intuitive Eating Approaches

Completed

Notes & Thoughts

Questions?

Video Four: Progressing Towards Intuitive Eating

- Completed
- Notes & Thoughts

Questions?

Video Five: The Science of Intuitive

Completed

Notes & Thoughts

Questions?