

PRINCIPLES (PART ONE)

MODULE TWO

Video One: Restrictive Eating Mindset

Completed

Notes & Thoughts

Questions?

Video Two: Recognize Biological Hunger

Completed

Notes & Thoughts

Questions?

Video Three: Permission to Eat

Completed

Notes & Thoughts

Questions?

Video Four: Food Anthropology

Completed

Notes & Thoughts

Questions?

Video Five: Recognize Biological Fullness

Completed

Notes & Thoughts

Questions?