



7 Days of Mindfulness at the Table

OBJECTIVE

Learn to **eat more consciously**, recognizing signs of **hunger, satiety** and **pleasure**, and understanding how the environment and attention influence the way you eat.

YOUR MISSION

For **7 days**, choose **one meal a day** to practice mindfulness at the table.

Step 1 – Hang Up

Before you start eating:

- ☐ Puts your phone away from the table
- ☐ Sit calmly

Step 2 – Breathe

Take 3 deep breaths before the first bite.

- Inhale through your nose
- Exhale slowly through your mouth

Step 3 – Eat mindfully During the meal, observe:

- Flavour
- Texture
- Smell
- Temperature

Eat slowly, paying attention to each bite.



Step 4 – Hunger Scale

Halfway through the meal, stop and assess your hunger:

- **Scale from 0 to 10:** ____
(0 = not at all hungry | 10 = very hungry)

Step 5 - Reflection of the week

At the end of the 7 days, he writes:

- On which day did you eat most mindfully?

- What has changed in your appetite?

- Have you noticed differences in satiety? Which ones?

FINAL REFLECTION

What did you learn about the way you eat when you're more mindful?

FOODWISELAB TIP

Mindful eating helps you **recognize body signals**, enjoy food more and build a more balanced relationship with food.