

Identifying your high-risk times of day

Name _____

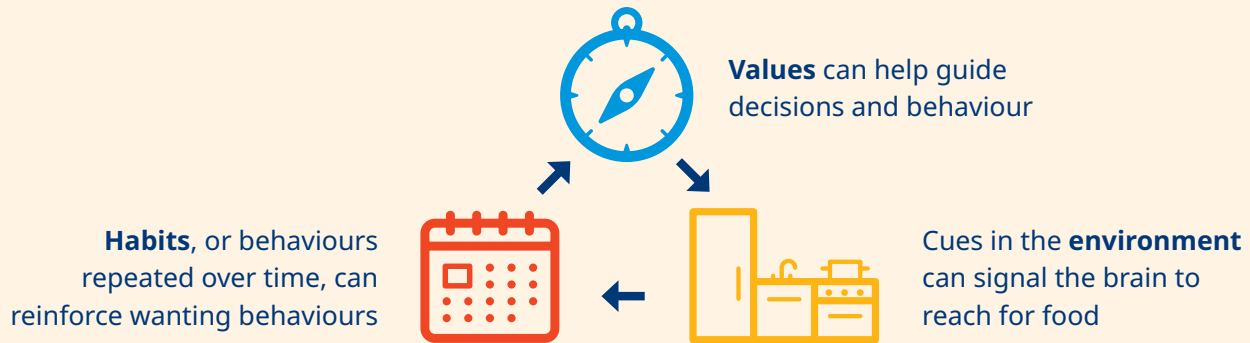
Date _____

We all experience times of the day where we are at higher risk of wanting certain foods—and knowing when you're most likely to have these feelings is an important step in understanding and changing your behaviour.

Wanting is a strong feeling or motivation, influenced by our environment, which drives us to seek food—and can occur when we are not even hungry!

Why do we experience wanting?

Wanting is the interaction between habits, values and our environment.



**Everyone's wanting, habits and environment are different.
Let's find out more about your high-risk time of the day.**



Identifying your high-risk time(s) of the day

Let's explore the times of the day that may trigger wanting.
Circle any times below where you may be at higher risk:



6 am

9 am

12 pm

3 pm

6 pm

9 pm

12 am

3 am



**Identifying and addressing your high-risk times of day
can support healthier eating habits.**

Reflect on your high-risk times of day by asking the following questions:

Where are you?

What are you feeling at this time?

Who are you with?

How often has this happened before?

What do you think is contributing to this high-risk time?

I often reach for food when... (circle all that apply)

- | | | |
|---|--|---|
| <input type="checkbox"/> I am bored | <input type="checkbox"/> Food is in front of me | <input type="checkbox"/> I am in front of TV/computer |
| <input type="checkbox"/> I am stressed | <input type="checkbox"/> People around me are eating | <input type="checkbox"/> I am distracted |
| <input type="checkbox"/> I am sad/depressed | <input type="checkbox"/> I am busy | <input type="checkbox"/> I am tired |
| <input type="checkbox"/> I am happy/celebrating | <input type="checkbox"/> I am hungry | Other: _____ |

Now that you have identified the scenarios that trigger wanting, you can try these strategies to help develop some new habits.

- | | | |
|---|---|------------------------|
| • Get absorbed by work/a book/
a show or movie | • Listen to a song | • Reflect on my values |
| • Drink a glass of water or tea | • Talk to a friend | • Go for a walk |
| • Do a chore around the house | • Do some deep breathing
or meditation | • Write in a journal |

Plan for success

By recognizing your high-risk times and practicing these strategies, you can break the cycle of wanting and develop new habits. Let's try building a plan for the next time you're in a high-risk time.

For example, when I'm experiencing wanting because I am stressed, I will write in my journal.

When I'm experiencing wanting because _____,

I will _____.

