

**Questions:**

1. Do you ever eat because you are bored?
2. Have you ever been teased about your size or body shape at home or at school?
3. Do you eat in front of the computer or TV?

**EMOTIONAL EATING**

<b>Some people eat because they . . .</b>	<b>What could someone do in this situation instead of eating?</b>	<b>Do you ever eat for this reason?</b>
<b>Feel bored</b>		
<b>Feel depressed or sad</b>		
<b>Are watching TV and have made eating during TV a habit</b>		
<b>Just finished a sports game and the family has made a habit of getting ice cream after a game</b>		
<b>Are upset about a comment someone has made to them</b>		



## My new goals...

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

- 1
- 2
- 3
- 4
- 5

