

3 Steps to a Healthy Relationship with Food and a Body You Love

STEP 1: _____

The quickest way to gain weight is to _____

Your personal _____ eating score is determined by your level of _____ and _____.



STEP 2: _____

THE PEP FORMULA

	FOOD AS A	DRIVING EMOTION
P		
E		
P		

STEP 3: _____

BONUS: _____