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**Let’s Talk about Emotional Eating Passport**

Complete this passport over the next four weeks for a chance to win the book

Intuitive Eating, 4th Edition - by Evelyn Tribole & Elyse Resch

Week 1: How did it feel to allow yourself to eat emotionally for a week?

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Week 2: How did pausing before emotionally eating impact your actions going forward?

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Week 3: What coping strategies were you able to explore this week? What was your favorite?

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Week 4: How did it feel to allow yourself to experience your emotions instead of pushing them away?

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