

MINDFUL EATING CHALLENGE

By @FelicityLyonsRD 2026

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A 31-day journey to reconnect with hunger and fullness, and to explore your relationship with food

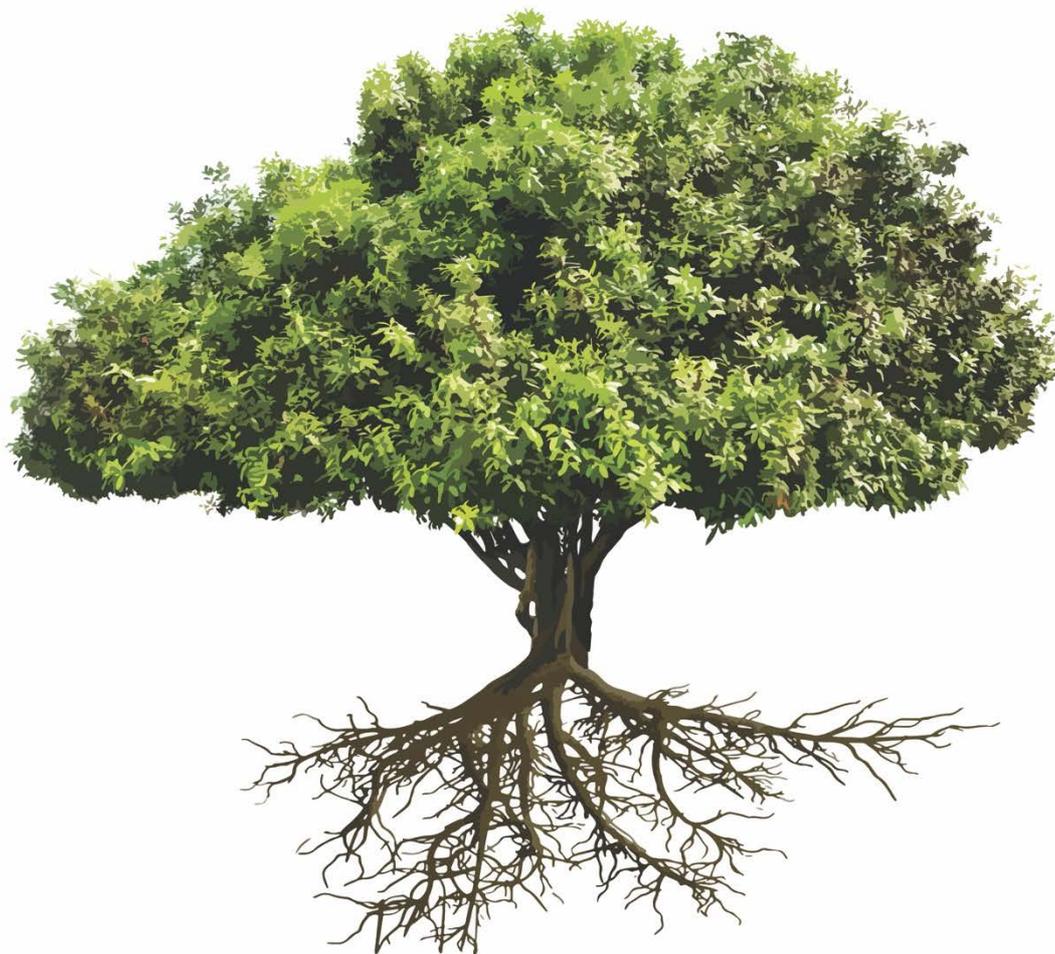


Image chosen to emphasise the importance of grounding healthy behaviours to enable us to grow and flourish through life.

HOW THIS CHALLENGE WORKS

This challenge is designed to help you slow down, tune into your body, and build a more peaceful relationship with food – one small step at a time.

3 Simple Steps

1. Read the daily prompt.
2. Practice it once during your day.
3. Reflect briefly on what you noticed.

Gentle Reminder: *You don't need to be perfect – just present.*

The challenge is set up for 31 days, which is the number of days in most months, but of course you can use this tool through any month of the year, beginning at any time of the month too.

WEEK 1

DAY	CHALLENGE	DONE
1	Check your hunger before each meal	<input type="checkbox"/>
2	Slow your first meal by 20%	<input type="checkbox"/>
3	Put your fork down between bites	<input type="checkbox"/>
4	Eat one meal without distractions	<input type="checkbox"/>
5	Plate your food intentionally	<input type="checkbox"/>
6	Pause halfway through a meal + check fullness	<input type="checkbox"/>
7	Practice gratitude before a meal	<input type="checkbox"/>

REFLECTIONS

What went well:

What felt challenging:

What I learned about my hunger/fullness:

One intention for next week:

WEEK 2

DAY	CHALLENGE	DONE
8	Take a mindful 5-minute walk	<input type="checkbox"/>
9	Notice how movement affects hunger	<input type="checkbox"/>
10	Savour a snack slowly	<input type="checkbox"/>
11	Take 3 breaths before eating	<input type="checkbox"/>
12	Identify one emotional eating trigger	<input type="checkbox"/>
13	Stop eating at 70–80% fullness	<input type="checkbox"/>
14	Swap a mindless snack for a mindful one	<input type="checkbox"/>

REFLECTIONS

What went well:

What felt challenging:

What I learned about my hunger/fullness:

One intention for next week:

WEEK 3

DAY	CHALLENGE	DONE
15	Build one balanced plate	<input type="checkbox"/>
16	Add protein to one meal	<input type="checkbox"/>
17	Notice fullness after a balanced meal	<input type="checkbox"/>
18	Eat carbs mindfully + without guilt	<input type="checkbox"/>
19	Honour hunger when it first appears	<input type="checkbox"/>
20	Drink water before meals	<input type="checkbox"/>
21	Eat one meal without multitasking	<input type="checkbox"/>

REFLECTIONS

What went well:

What felt challenging:

What I learned about my hunger/fullness:

One intention for next week:

WEEK 4

DAY	CHALLENGE	DONE
22	Celebrate one non-scale victory	<input type="checkbox"/>
23	Prep one simple snack for tomorrow	<input type="checkbox"/>
24	Notice hunger + fullness cues throughout the day	<input type="checkbox"/>
25	Create a calming pre-bed routine	<input type="checkbox"/>
26	Replace one negative thought with a neutral one	<input type="checkbox"/>
27	Acknowledge a behaviour you improved this month	<input type="checkbox"/>
28	Eat one meal slowly from start to finish	<input type="checkbox"/>

REFLECTIONS

What went well:

What felt challenging:

What I learned about my hunger/fullness:

One intention for next week:

WEEK 5

DAY	CHALLENGE	DONE
29	Reflect on what mindful eating taught you	<input type="checkbox"/>
30	Choose one habit to continue in April	<input type="checkbox"/>
31	Write your top 3 wins from the month	<input type="checkbox"/>

FINAL REFLECTIONS

My Top 3 Wins

1.

2.

3.

What I want to carry with me going forwards, based on what I have learned this month – practical integration of learnings into my life.

Has My Relationship With Food Shifted this month? If so, how – reflection based learning to help you ground new (or relearned) healthier behaviours.

REMINDERS

You showed up for yourself – and that matters.

Even if you only tried some of the challenges, or if you stopped half-way through. It's all okay.

Eating mindfully is an incredibly difficult thing to do in a world where we are surrounded and submerged by food.

Be Kind To Yourself.

We are all just working on keeping going with our individual challenges.

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