

February 2026

Mindful Eating Challenge

Slowing down to experience foods and meal times may have many health benefits including awareness of hunger/fullness cues according to the Nutrition Source by Harvard T.H. Chan School of Public Health. Mindful eating allows an individual to experience foods in a different way.

This month try using all five senses when eating. The following tips can help you become more mindful when eating:

How does this food make me feel?

What does this food smell like?

What do I hear while eating this food?

How does this food feel?

For this challenge mark each day that you are able to be more mindful during at least one meal.

Name _____ Department _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **March 6th**

