**Title: Prevent the Zombie Eating Apocalypse**

**Description: Don’t let mindless eating turn you into a food zombie! Pay attention today!**

Today’s challenge is designed to help you notice where you might be eating mindlessly. From the first bite you take this morning to the last drink you take tonight, track everything you eat or drink. One piece of candy? Track it. Half a soda? Track it. Four giant spoonfuls of ice cream while standing in your pjs in front of the open freezer door? Track it. Making note of everything you eat or drink will help you identify where you’re eating mindlessly. It will also bring your attention to your food, which will help you to eat a little more mindfully. Track your food and see what you learn about your eating habits. Journal what you learn about yourself here [X].