

## Week 2: Accountability Card

This week is about handling the treats in the work environment. You know what we're talking about...the candy, the cookies, the brownies, and the cakes. It is EVERYWHERE!

**Answer the questions below and before you know it, you will have strategies implemented to control the mindless munching in your work environment.**

Take control of your space. What do you need to do in your personal work space to deter mindless munching?	
Create a plan to not mindlessly grab items from the break room.	
Enlist a co-worker who will be your support through the holiday season. Indicate who this will be.	
Have a plan on a day when you will enjoy a treat food. How you will mindfully enjoy it?	

**What is one thing you plan on doing differently this year compared to last year in your work space during the holiday season?**