

## Week 3: Accountability Card

This week is about getting ready for the Thanksgiving feast. To control portions at this feast you must start by practicing mindful eating behaviors now.

**Place a check in the box once you have implemented the behavior at least 3 times this week and before you know it, you'll have strategies implemented to aid you in controlling portion size at the Thanksgiving meal.**

For your every day meals use smaller plates, bowls, and cups.	
Focus on serving yourself a little less than you think you want.	
Take at least 20 minutes to consume your lunch.	
Take at least 20 minutes to consume your dinner.	

**What is one thing you plan on doing differently this year compared to last year when it comes to eating the Thanksgiving meal?**