

## Week 7: Accountability Card

During this time of year, we are having people over more often. We are also visiting friends and family in their home more often.

**Indicate what ways you will handle the certain scenarios below and before you know it, you have yourself set up to eat in the home and other people's homes in a healthful manner.**

Indicate two ways you can set up your home environment to deter mindless picking.	
When you go to visit someone and the food is everywhere what are two strategies you will use to deter yourself from mindless picking?	