

Accountability Card: Week 2

Food Timer

This week, write down how long it took you to complete each meal from start to finish.
This will help you to recognize how fast you are eating your meals and to become aware that eating pace does matter.

| Day | Breakfast (snack if applicable) | Lunch (snack if applicable) | Dinner (snack if applicable) |
|-----------|------------------------------------|--------------------------------|---------------------------------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |