

# Start your RESTORE – Hunger Control - *Leptica Chart for Success* Yes to Food, No to Doof™

DOOF (Food spelled backwards) represents the Bad habits. Chart Your Success by Eliminating Weight-Gain Habits & Adding Health-Promoting Habits

Habits are not easy to change, but this is about your long-term health and happiness so it’s definitely worth replacing bad habits with healthy ones. To help chart success, which is so important, especially for those times we slip up and have to renew our efforts, we created this handy chart which you can download or print out for your convenience.

Check off “**bad** habit” and ‘**good** habit’ activities each day. You can do it, we have faith! Let us know how it works for you. We trust in your progress!

	Day of the Month																														
<b>A Bad Doof Habit Day</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Smoked or chewed tobacco																															
Bought or ate foods with corn syrup, sugar, or artificial sweeteners																															
Did not do any exercise or walk.																															
Ate a snack after dinner.																															
Drank cola (diet or regular) <sup>1</sup>																															
Ate chips (potato, corn, veggie, etc.)																															
Skipped breakfast																															
Ate <b>fast</b> “food” for lunch																															
Ate <b>fast</b> “food” for dinner																															
Ate yoghurt with added sugars																															
Ate dinner within 4 hours of bedtime																															
Ate because bored or stressed																															
<b>A Great Food Habit Day</b>																															
Ate a healthy breakfast with protein																															
Avoided all artificial sugars																															
Exercised or walked for at least 15 minutes																															
Didn’t watch TV or use the computer within an hour of bedtime																															
Had a good night’s sleep																															
Breakfast or lunch was the main meal																															
Ate slowly and enjoyed it.																															
Read ingredient label while buying food at the grocery store																															
Avoided purchase of chemical-GMO foods: corn, wheat & soy products																															

1. Artificial sweeteners are shown by independent studies to negatively affect metabolism. Some independent researchers report they are even worse than sugar.