20-Minute Meal Journal

Use this handy journal to keep track of your 20-Minute Meal Method experience.

How to Do the 20-Minute Meal

Starting with your next meal, follow these simple steps.

Step #1:
- Check the clock before you start your next meal
- Eat your meal at the pace you normally would
- Check the clock at the end of your meal
- Jot down how much time your entire meal took in your 20-Min Meal Journal

Bonus Tip: No judgment here. The 20-Min Meal Journal is NOT a food journal. It's NOT about being "bad" or "good". It's about discovering if you're taking enough time during your meals for your tummy to tell you what the right amount of food is for your body. The first time I did this, my meal lasted 3 whole minutes. I repeat, no judgment.

Step #2:
- At your next meal, increase your meal time by 5 minutes more than your last time
- Document your meal time, when you started to feel full, your mood and your "aha!" moments in your 20-Min Meal Journal

Step #3:
- Keep repeating Step #2 with each meal until meals last at least 20 minutes
- Document each day in your 20-Min Meal Journal

Step #4:
- Note at what time during the 20-Minute Meal that you feel **satisfied** and when you tip over to **full** in your 20-Min Meal Journal

Step #5:
- Make each meal for the next 7 days a 20-Minute Meal (or longer!)
- Note in your 20-Min Meal Journal if you feel uncomfortably full

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20-Minute Meal Journal

TYPE A PERSONALITY ALERT:
Don't worry about filling in this journal "perfectly" or "right".
Relax and let yourself have fun with this...
You will be surprised and delighted at what you discover!

Day	Meal Minutes	I Felt Satisfied At __ Minutes	My Mood Today	My "Aha!" Moment Today
SAMPLE				
Day One	**3**	**----------**	**Anxious!**	**Wow, I get super stressed about whether or not I'm being "good" or "bad".**
Day Two	**8**	**Couldn't tell**	**Annoyed**	**I've gotten so cynical...I think I believe that nothing is going to work for me. ;-(**
Day Three	**13**	**I think 13?**	**Curious**	**Felt really relaxed today during meals....and peeing like crazy! I think when my body relaxes it starts releasing weight. Cool!**
YOUR TURN				
Day One		----------		
Day Two				

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Day Three				
Day Four				
Day	**Meal Minutes**	**I Felt Satisfied At __ Minutes**	**My Mood Today**	**My "Aha!" Moment Today**
Day Five				
Day Six				
Day Seven				

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How to Use the 20-Minute Meal in Your Day-To-Day Life

Now that you know the 20-Minute Meal process, let's look at the different ways you can use it in your day-to-day life. This will help you lose weight and actually ENJOY it!

Using the 20-Minute Meal Method in your day to day life is super simple because:

- No one will know you're doing it (love that!)
- You don't have to miss out on parties or dinners with friends or sweethearts
- You don't have to postpone your vacation or travel to accommodate a "diet"
- You don't have restrict the kinds of foods you eat

All you need to use the 20-Minute Meal every day is…

1. A clock or a timer somewhere in sight
2. A pen, a tablet, computer or smartphone
3. Your 20-Minute Meal Journal
    a. Print the journal from this document or create your own Journal in your smartphone, tablet or computer
    b. The 20-Minute Meal Journal only takes 90 seconds a day to complete, and you'll get **even more powerful results** if you commit to completing it every day for the next 7 days

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