



# TAP!

*always eat at this time*

*have a powerful habit*

*feel guilty*

*feel frustrated*

*saw a tv ad*

*feel bad about your weight*

*know there's something yum inside*

*feel worried*

*feel sad*



*feel tired*

*feel bored*

## ARE YOU HERE BECAUSE YOU...

*want something while you watch tv*

*saw someone else eating*

*feel deprived*

*are thirsty*

*feel stressed*

# ~~DON'T SNACK!~~