

**BONUS  
DOWNLOAD**

# **SNACK ALTERNATIVE *CHECKLIST***

Snack Attack: Keep  
Your Cravings At Bay

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WITH WENDY NICHOLSON



# Snack Alternative Checklist

## Tips and strategies...

When you are learning Intermittent Fasting, it helps to find things to do **instead of snacking**.

Here are some examples of **non-food related** things to “snack” on:

EXAMPLES

<input checked="" type="checkbox"/> Chew gum	<input checked="" type="checkbox"/> Meditate
<input checked="" type="checkbox"/> Drink 0-carb drink	<input checked="" type="checkbox"/> Write in your journal
<input checked="" type="checkbox"/> Drink water	<input checked="" type="checkbox"/> Take a walk
<input checked="" type="checkbox"/> Drink Tea	<input checked="" type="checkbox"/> Read a book
<input checked="" type="checkbox"/> Text / call a friend	<input checked="" type="checkbox"/> Yoga
<input checked="" type="checkbox"/> Draw / paint	<input checked="" type="checkbox"/> Take a shower
<input checked="" type="checkbox"/> Listen to music	<input checked="" type="checkbox"/> Get a massage
<input checked="" type="checkbox"/> Take a nap	<input checked="" type="checkbox"/> Watch a movie
<input checked="" type="checkbox"/> Play with a pet	<input checked="" type="checkbox"/> Learn a new hobby

I found things to replace the sugar rush that used to have a big place in my life.

These non-food “snacks” helped to get me over the hump till I ate the next real meal.

KEEP going on your weight loss journey!

I’m cheering you on...

*Wendy*

- Print off the following page and write down all the things you can do, instead of snack on food or sweetened drinks



**To print in colour, select page 3**



**To print in grayscale, select page 4**



