12 things to do if you 'eat healthy all day but 'eat rubbish' at night".

Including free healthful habit tracker

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At the ETPHD method, we've helped over 1000 people stop night time overeating using many of the habits included within this workbook

Building self-awareness is the first step

Taking action is the necessary second step

Read through the workbook, ticking off those habits you already do

On the last page, find your own personal habit tracker. Print, screenshot and/or save and tick off your habits each day and notice how your overeating changes

☐ Create pockets of time for yourself through the day. Even if it's just 2 minutes. You're probably seeking quick joy & claiming back time for yourself after a busy day when you snack at night (revenge bed time procrastisnacking)

☐ Ask for support through the day if you're non-stop. Put in boundaries, stop saying yes to literally everything.
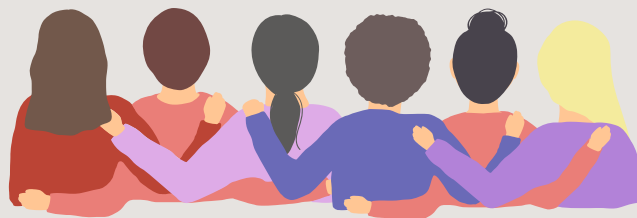
☐ Avoid getting super hungry in the afternoon before dinner. Have a high protein / fibre snack in the afternoon (don't 'hold off' until dinner) & a satisfying & mindful dinner.

☐ Find other activities that bring you joy or peace or comfort that require active effort and presence (computer games, puzzles, creative play, cards games).

☐ Stop categorising food as healthy or rubbish or good or bad. You demonise 'bad' food, try to avoid it at all costs then end up overeating it when you allow yourself just a bit.

☐ Create an after work routine. Separate your work day from your home life with some breathwork, outside time, a shower or some movement & afterwards, remind yourself of your evening intention

☐ Manage your food environment. Plan ahead with alternative snacks & hot drinks & make these more accessible than ultra-processed, low satiety food choices.

☐ Try mixing up your exercise time - training after work might help help realign you with your goals, come back into your body & reaffirm your want for mindful & healthful food choices afterwards.

☐ Check in with what you're avoiding. Often we eat to avoid being with our thoughts. Journal - what thoughts are you having? Be objective, if you think you're 'fine', what's going on in your life right now? How comfortable are you to feel sad, uncertain, unfulfilled, unsure?

☐ Check in with what tasks you're avoiding. Often we eat to procrastinate on the thing we need to do. Habit stack a small & delicious pre-bed meal to completion of the task you're avoiding.

☐ Stop filling your evening meals solely with high fibre, high volume foods. I assure you that you are not satisfied after a sugar free jelly and this lack of satiety increases your risk of overeating

☐ Stop over-restricting through the day. It's not that you 'only get hungry at night', it's that you ignore your hunger all day when you're busy & this bites you in the ass in the evevning when you feel insatiable
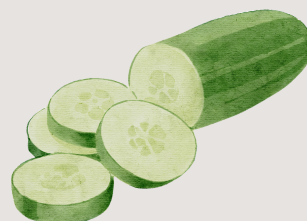
HABIT TRACKER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Create pockets of time							
Ask for help							
Afternoon snack							
Joyful activity							
Food neutrality							
After work routine							
Manage food environment							
Evening movement							
Journal / acknowledge feelings							
Didn't avoid tasks							
Satiating evening meals							
Eat sufficiently & regularly							

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Ready to stop overeating for good?

Join the 1000s of people who've changed their lives for good with ETPHD.

Click here.