Weekly Chocolate Uptake Check-In — Choose your five conversations in the order in which you want to talk through. Tick the boxes as you finish each one.

- Notice your cravings without judgment — Chocolate craving, sweet craving, salty craving, something else
- Name what I'm actually after — Physical hunger, comfort, stress relief, boredom, habit, celebration
- Know my triggers for large quantities — Time of day, place, people, feelings, situations
- Decide in advance how much is enough — Pre-portioned, a specific bar, a set time, "until it's over"
- Choose a more difficult alternative — I'm going to give myself one minute, drink water, walk to the kitchen, call someone
- Know what I'm trying to feel instead — Calm, connection, energy, rest, pleasure, distraction, boundaries

	Other (optional)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	

Use a "4" or "5" on the conversations that felt most useful or most difficult to begin.

Observations: _____

Challenges: _____