

Diet: Intuitive Meals

On the heels of your well-planned dinner celebration, anything goes today. Eat whatever foods you feel like eating without regard to cultural breakfast, lunch or dinner traditions. Perhaps you'll want last night's leftovers for breakfast? An omelet for dinner? Dark chocolate and macadamia nuts for a midday snack?

If you feel compelled to indulge in a non-approved old favorite, go ahead and do so. Pay close attention to how your comfort food makes your body feel, including any unpleasant after-effects. See if you notice any emotional influence in your eating habits that might be compromising your health.

For every bite you take throughout the day, focus on the enjoyment of the experience. Let go of any feelings of guilt, anxiety, or other negative emotions associated with eating. From now on, your job is to attain maximum pleasure from your food choices each day.

Exercise + Lifestyle—Grand Play Outing

You planned this outing back on Day 2, and the time has come to play! Kayak, rock climb, bicycle, picnic, hike, play Ultimate Frisbee, horseshoes, soccer, basketball, or anything else that's fun, active, and celebrates the great outdoors with family and friends!