Evening Eats Cutoff Challenge

Promote better health by setting a rule to stop eating after 8 PM or four hours before bedtime

CHALLENGE DESCRIPTION:

Welcome to the Evening Eats Cutoff Challenge! Ready to transform your health and improve your sleep? Start this 10-day journey to set a simple but powerful rule: no eating after 8pm or at least 4hours before bedtime. By embracing this challenge you'll benefit from better digestion, improved sleep quality and enhanced overall wellbeing – lets get started!

WHAT ARE THE HEALTH IMPLICATIONS OF BEDTIME SNACKING?

To kick off this 10-day challenge, lets dive into the health benefits of snack-free bedtime routine. Your body is controlled by a 24-hour internal clock known as the circadian rhythm. Everyday this rhythm carefully balances the signals that tell your body to be alert and tell your body to rest.

The signals that control your metabolism and appetite also follow the circadian rhythm. This means a mismatch in your eating habits and your natural internal body clock can result in serious health complications. Studies have shown that food intake during your 'biological night' (ie: night shift workers), can result in weight gain and **increased risk of diabetes.** Ideally, you should aim to eat during an 8–12-hour daytime window, preferably 4 hours before bedtime. This schedule best aligns with your internal clock and promotes better digestion and overall health.

Change up your mealtime routine

If you tend to overeat a night, it may be worth switching up your mealtime routine. Establish set times to eat and sleep everyday to help regulate your circadian rhythm. If you're not eating enough during the day, you may find yourself overeating at night to compensate. One study found that eating more calories in the morning could decrease your risk of weight gain and **obesity by nearly 50%.** ON the contrary, eating more calories at night can increase your risk by up to 80%.

Include protein at every meal

Protein tends to keep you feeling full for longer, so prioritizing your protein intake at mealtimes may help reduce late-night snacking.

Reduce your stress levels

Some people lean on comfort food when they are dealing with higher levels of stress. If you tend towards nighttime snacking to combat your stress, focus on some of the relaxation techniques listed below:

- Breathing exercises
- Meditation
- Hot bath
- Yoga
- Stretching

Distract yourself

While some people reach for food to combat stress, other may reach for snacks out of boredom. If you find yourself reaching for a snack before bed, try one of the following activities instead:

- Going for a walk
- Reading
- Yoga
- Journaling
- Listening to music or a podcast

THE CHALLENGE

For the next 10 days, you will follow the tips above to stop late-night snacking. Tracking your food intake can help you identify and address any problematic patterns like skipping meals or undereating throughout the day that may lead to late-night snack. Use this food diary template to keep track of your eating habits throughout this challenge:

Breakfast:

Time: _____

 Food/Drink: _____

Mid-Morning Snack:

Time: _____

Food/Drink: _____

Lunch:

Time: _____

Food/Drink: _____

Afternoon Snack:

Time: _____

Food/Drink: _____

Dinner:

Time: _____

Food/Drink: _____

Water Intake:

Total amount: _____

Physical Activity:

Type and Duration: _____

How I Felt Today:

Energy Levels (scale 1-10): _____

Mood: _____

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HEALTH

Congratulations on completing the Evening Eats Cutoff Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.