March Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

So did you snacking habits changes this month as a result of the challenge?  
- Yes  
- No  
- Somewhat

In what ways(s)
__________________________________

Did you try anything new this month that you enjoyed as a snack? What was it?
__________________________________

How do you differentiate between a snack, and a meal?
__________________________________