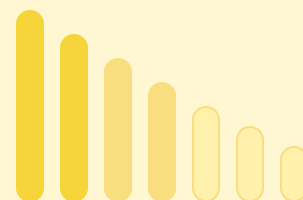


7-Day Food Noise Reset

A 7-Day Mindful Blueprint for Busy New Yorkers



Welcome to Your Reset

Living in New York City comes with constant sensory stimulation, including round-the-clock food options, high stress, and non-stop hustle. **"Food noise"** is the persistent, intrusive background clutter of thoughts about food, cravings, and your next meal that can consume your mental bandwidth, even when you aren't physically hungry.

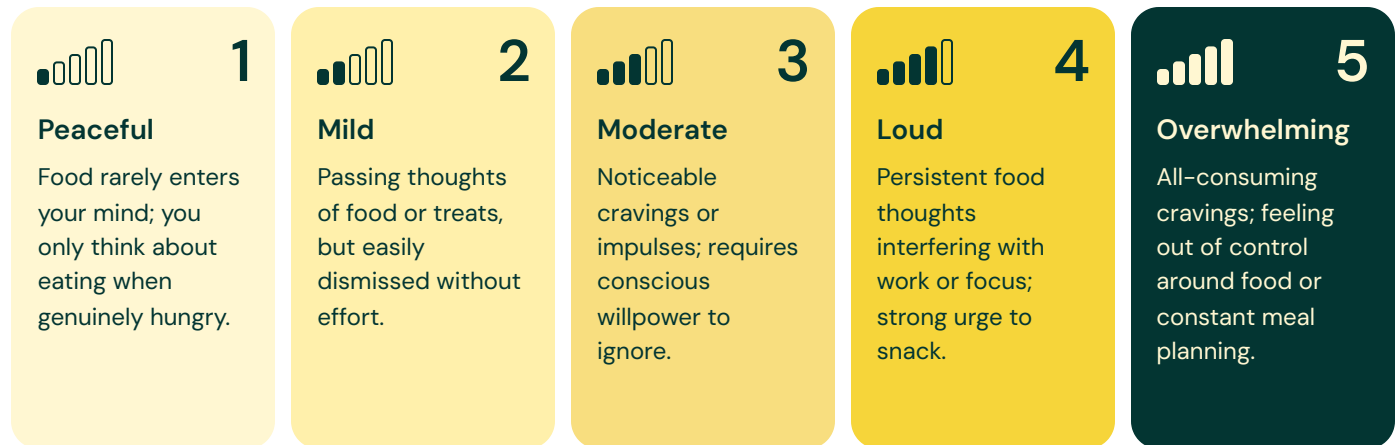
This tracker is designed to help you bring awareness to your food noise, identify NYC-specific triggers, and take back control of your day in just **2 minutes a day**.

How to Use This Tracker

-  **Morning Score (30 Seconds):** Check in each morning to rate your baseline food noise level from 1 to 5.
-  **Main Trigger (During the Day):** When the noise gets loud, check the NYC trigger behind it. Just one per day.
-  **Evening Score (30 Seconds):** Before bed, rate your food noise again and see how your day moved.

Each day also comes with a short tip from our NP, so start by reading it over your morning coffee.

Understanding the Food Noise Scale (1 to 5)



Quick NYC Micro-Interventions

When Food Noise Spikes, Try a 3-Minute Circuit Breaker:



Commuter Bodega Craving:

Switch to an engaging audio podcast or call a friend while passing temptation zones.



3 PM Desk Slump:

Walk one block outside for fresh air and drink 12 oz of cold water with electrolytes.



Late-Night Delivery Urge:

Enforce the "15-Minute Rule." Log the noise, set a timer, and re-evaluate physical hunger when it rings.

Scroll down or flip to the next page to start DAY 1!



For general wellness only, not medical advice. Program eligibility is determined by a licensed provider. If you have a history of disordered eating, please speak with your provider before tracking food-related thoughts.

01 Day 1 Tracker

NP TIP OF THE DAY

What food noise is and why it's louder in NYC

Food noise is the mental chatter about food that shows up even when your body isn't asking for fuel. In New York you pass more food in a ten-minute walk than most people see all day, and every bodega, cart and delivery notification is a cue. More cues, more chatter. Today there's nothing to fix. Just score it.

From Katie Swanson, FNP

☀ 1. Morning Score

Baseline Food Noise Level Today (1–5)

1

2

3

4

5

🎯 2. Today's Main Trigger

Check the one that turned the volume up most today:

- ☐ Office breakroom treats / Bagels / Coffee runs
- ☐ Post-work Happy Hour / Drinks & appetizers
- ☐ Stress / Late-night Seamless or DoorDash after long commute

- ☐ Mindless snacking while WFH / Desk-bound fatigue
- ☐ Subway commute / Passing favorite bakeries or bodegas
- ☐ Other: _____

🌙 3. Evening Score

Food Noise Level Tonight (1–5)

1

2

3

4

5

02 Day 2 Tracker

NP TIP OF THE DAY

The 15-minute rule

When a craving hits and you can't tell if it's hunger, set a timer for 15 minutes. Have some water, step away from the screen, then check in again. Physical hunger tends to build and stick around. Food noise usually fades or changes shape. Either answer is useful, and neither one means you did something wrong.

From Katie Swanson, FNP

☀ 1. Morning Score

Baseline Food Noise Level Today (1–5)

1

2

3

4

5

🎯 2. Today's Main Trigger

Check the one that turned the volume up most today:

- ☐ Office breakroom treats / Bagels / Coffee runs
- ☐ Post-work Happy Hour / Drinks & appetizers
- ☐ Stress / Late-night Seamless or DoorDash after long commute

- ☐ Mindless snacking while WFH / Desk-bound fatigue
- ☐ Subway commute / Passing favorite bakeries or bodegas
- ☐ Other: _____

🌙 3. Evening Score

Food Noise Level Tonight (1–5)

1

2

3

4

5

03 Day 3 Tracker

NP TIP OF THE DAY

Protein at breakfast

Starting the day with some protein, like eggs, Greek yogurt or a protein shake, helps you stay full longer and can make the mid-morning pull a lot quieter. Try adding a protein source to breakfast today and see if it changes your evening score.

From Katie Swanson, FNP

☀ 1. Morning Score

Baseline Food Noise Level Today (1–5)

1

2

3

4

5

🎯 2. Today's Main Trigger

Check the one that turned the volume up most today:

- | | |
|--|--|
| ☐ Office breakroom treats / Bagels / Coffee runs | ☐ Mindless snacking while WFH / Desk-bound fatigue |
| ☐ Post-work Happy Hour / Drinks & appetizers | ☐ Subway commute / Passing favorite bakeries or bodegas |
| ☐ Stress / Late-night Seamless or DoorDash after long commute | ☐ Other: _____ |

🌙 3. Evening Score

Food Noise Level Tonight (1–5)

1

2

3

4

5

04 Day 4 Tracker

NP TIP OF THE DAY

Stress vs. hunger

Stress can feel a lot like hunger. Physical hunger comes on slowly, almost anything sounds good, and it eases once you eat. Stress-driven food noise shows up suddenly, wants something specific, and often lands right after a tough meeting or a packed train. Name which one it is before you decide what to do.

From Katie Swanson, FNP

☀️ 1. Morning Score

Baseline Food Noise Level Today (1–5)

1

2

3

4

5

🎯 2. Today's Main Trigger

Check the one that turned the volume up most today:

- | | |
|--|--|
| ☐ Office breakroom treats / Bagels / Coffee runs | ☐ Mindless snacking while WFH / Desk-bound fatigue |
| ☐ Post-work Happy Hour / Drinks & appetizers | ☐ Subway commute / Passing favorite bakeries or bodegas |
| ☐ Stress / Late-night Seamless or DoorDash after long commute | ☐ Other: _____ |

🌙 3. Evening Score

Food Noise Level Tonight (1–5)

1

2

3

4

5

05 Day 5 Tracker

NP TIP OF THE DAY

Handling happy hour

You don't have to skip happy hour. Having a snack with protein beforehand means you won't walk in starving, and alternating drinks with water or seltzer helps too. Alcohol tends to turn food noise up, so a higher evening score tonight is normal. Log it and move on, no judgment.

From Katie Swanson, FNP

☀ 1. Morning Score

Baseline Food Noise Level Today (1–5)

1 2 3 4 5

🎯 2. Today's Main Trigger

Check the one that turned the volume up most today:

- | | |
|--|--|
| ☐ Office breakroom treats / Bagels / Coffee runs | ☐ Mindless snacking while WFH / Desk-bound fatigue |
| ☐ Post-work Happy Hour / Drinks & appetizers | ☐ Subway commute / Passing favorite bakeries or bodegas |
| ☐ Stress / Late-night Seamless or DoorDash after long commute | ☐ Other: _____ |

🌙 3. Evening Score

Food Noise Level Tonight (1–5)

1 2 3 4 5

06 Day 6 Tracker

NP TIP OF THE DAY

The late-night delivery urge

Late-night cravings often come from a long day of not eating enough, being tired, or wanting a reward after the commute. Eating a real dinner earlier helps. So does moving the delivery app off your home screen. If you still want to order after the 15-minute rule, that's okay. The goal is noticing, not restricting.

From Katie Swanson, FNP

☀️ 1. Morning Score

Baseline Food Noise Level Today (1–5)

1

2

3

4

5

🎯 2. Today's Main Trigger

Check the one that turned the volume up most today:

- ☐ Office breakroom treats / Bagels / Coffee runs
- ☐ Post-work Happy Hour / Drinks & appetizers
- ☐ Stress / Late-night Seamless or DoorDash after long commute

- ☐ Mindless snacking while WFH / Desk-bound fatigue
- ☐ Subway commute / Passing favorite bakeries or bodegas
- ☐ Other: _____

🌙 3. Evening Score

Food Noise Level Tonight (1–5)

1

2

3

4

5

07 Day 7 Tracker

NP TIP OF THE DAY

What your scores are telling you

Look back at your week. If your scores came down, the small changes are working. If the same trigger kept showing up, that's where to focus next. If your food noise stayed loud no matter what you tried, pay attention to that. It may not be a willpower problem, and a provider can help you understand why.

From Katie Swanson, FNP

☀️ 1. Morning Score

Baseline Food Noise Level Today (1–5)

1

2

3

4

5

🎯 2. Today's Main Trigger

Check the one that turned the volume up most today:

- | | |
|--|--|
| ☐ Office breakroom treats / Bagels / Coffee runs | ☐ Mindless snacking while WFH / Desk-bound fatigue |
| ☐ Post-work Happy Hour / Drinks & appetizers | ☐ Subway commute / Passing favorite bakeries or bodegas |
| ☐ Stress / Late-night Seamless or DoorDash after long commute | ☐ Other: _____ |

🌙 3. Evening Score

Food Noise Level Tonight (1–5)

1

2

3

4

5

Congratulations on Completing Your 7-Day Reset!

End-of-Week Food Noise Audit

Take 2 minutes to review your logs over the past week and discover your patterns:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning							
Evening							

Average Weekly Food Noise Score: _____ / 5

Primary Identified Trigger: ☐ Work Stress ☐ Convenience/Proximity ☐ Social/Dining Out

Your Result

AVERAGE 1-2

Quiet

Your habits are working.

AVERAGE 3

Manageable

The triggers you logged are your plan.

AVERAGE 4-5

Loud

This may not be a willpower problem. It can be biological, and it's worth talking to a provider about.

What Comes Next?

Congratulations on building greater awareness over the last week!
Understanding your triggers is the very first step toward long-term freedom from constant cravings.

Free

15-minute Food Noise Review with an NP

\$100 off

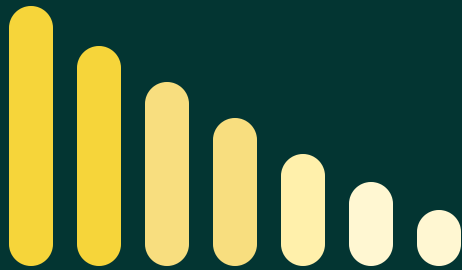
your first month of DROP

- 1 **Finish all 7 days** and fill in your End-of-Week Audit.
- 2 **Upload your completed tracker** through our form.
- 3 **Get your free 15-minute Food Noise Review** with an NP, plus \$100 off your first month of DROP.

Upload my completed tracker



Challenge completers only.



Ready to Turn Down the Volume for Good?

While behavioral awareness helps, constant food noise is often driven by underlying metabolic and hormonal signals. Modern GLP-1 treatments directly target the brain's satiety pathways, effectively "turning down the volume" on food noise so you can focus on living your best life in NYC.

Schedule a Free Consultation with our Medical Team

Have questions about GLP-1 therapy or want to review your 7-day tracker audit with a clinical specialist?

Book your consultation with Katie



Phone: (607) 638-3948



Email: info@hellodose.com



Website: www.hellodose.com

For general wellness only, not medical advice. Program eligibility is determined by a licensed provider. If you have a history of disordered eating, please speak with your provider before tracking food-related thoughts.