

## Part 1: Short-Form Video Script

Are you spending your summer deciding between getting the family-pack ice cream and getting a six-pack abs?

Mindless eating may be getting in the way of your fitness goals...

Mindless snacking isn't just a habit—it's one of the biggest roadblocks to weight loss.  
(Show images or video of a chubby person eating while watching something on phone and eating fast)

So, what's the solution? Switch to mindful eating! That means eating without distractions, actually tasting your food, and checking in with your hunger cues."  
(Quick shots: drinking water, choosing fruits, putting snacks in a bowl instead of eating from the pack)

Mindful snacking helps you eat less, feel full sooner, and even lose weight—without going on some wild diet.

[Closing shot: Person looking happy, lighter, holding a smaller bowl of snacks]

Next time you reach for that snack, ask yourself—am I hungry or just... scrolling?

CTA: Share with all your friends and family and follow for more!

## Part 2: Nudges Writing Task

### 1. Day 1: Setting Intentions

Want a fit body by the end of this year? Yoga se he hoga!

### 2. Day 2: Mindful Breathing

Saas le, lamba saas le! Remember to be mindful of your breath during yoga.

### 3. Day 3: Yoga and Mental Clarity

Overthinking? Yoga karna bidu... dimag tho shanti de.

#### 4. Day 4: Connection with Nature

Yoga is too fascinating for keeping it trapped inside walls. Nature bhi therapist hai!

#### 5. Day 5: Detox with Yoga

Body se detox hoga, just do mat pe yoga.

#### 6. Day 6: Overcoming Challenges

I am proud of you. Whatever you do, just be consistent. You're stronger than your excuses.

#### 7. Day 7: Reflect and Reset

Halfway there! Take a breath, pat your back, and plan your next move on the mat.