

THE SNACK MONKEY FRIDGE CARD

Cut it out. Stick it up. Put The Captain on the fridge.

The fridge is the Snack Monkey's home turf. This card puts The Captain right there with it — so the next negotiation happens somewhere useful.



WHAT IS THIS?

Two cards on one A4 sheet. Print, cut along the dashed line, and stick The Captain's side on the fridge door. The Monkey will see it every time. So will you.

HOW TO USE THIS

1

Print on card if possible.

Plain paper works fine. Card stock is better — it survives the fridge longer.

2

Cut along the dashed line.

Two cards: The Snack Monkey side and The Captain side. Both go on the fridge.

3

Or keep both halves together.

Front and back. One card, two sides. Fold it if you like. The Captain is flexible.

4

Put it somewhere it will be seen.

Fridge door. Cupboard door. Anywhere between you and the biscuits.

5

Use The Captain's questions.

When the Monkey starts negotiating, work through the list. One honest answer is usually enough.

THE CAPTAIN SAYS:

The goal isn't to never open the fridge. The goal is to open it as The Captain, not as the Monkey. There's a difference — and it's usually about 400 calories.

THE SNACK MONKEY

is at the door.

therealsnackmonkey.com



PAUSE

10 seconds. Just 10.

NAME IT

"That's the Monkey talking."

CHECK IN

Am I actually hungry?

DECIDE

The Captain chooses. Not the Monkey.

*"Just because it sounds reasonable
doesn't mean it's The Captain speaking."*

THE CAPTAIN ASKS:

One honest answer is enough.



- Am I actually hungry right now?
- Is this what future-me wants?
- Will I feel better in 20 minutes?
- What's the Monkey actually offering?
- What do I actually need right now?
- Is this a habit — or a choice?

