Jeff Feinberg

Eat Documentation

My time completing my score for Eat created some interesting problems. The first thing that changed about my score was the variation eat even after you are full. This quickly made me hate myself on the day that I did this variation, so I cut that. However, I found that most of the other parts of my score worked well. Based on feedback and my own experiences, eat one new thing every day was compelling enough that it became a core part of my score, since it creates changes throughout the score.

The core part of the score, eating whenever you think about food, regardless of hunger, worked only because of the restriction to stop whenever you feel full. I personally saw that once I felt full, I stopped thinking about food for the rest of the day.

The variation don’t eat for a whole day was easy for me, although my roommates had trouble with it. For some reason, I sometimes don’t eat for a day and never feel hungry at all. It’s probably due to how I eat a lot at a single time. My roommates couldn’t make it however, and had to eventually eat around 8 PM. The final variation, eating only when you are hungry, actually made for a healthy lifestyle.