

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p><b>1</b> This may be a short month, but there is still plenty of time to reach a goal. What is yours?</p>	<p><b>2</b> Eat defensively this weekend. Know when the difficult times will be and plan for them ahead of time.</p>
<p><b>3</b> Find a lower-fat version of a favorite recipe. The Recipe Builder on etools can help.</p>	<p><b>4</b> If you pre-measure single servings of snack foods or cereal, how will that help you control your SPACES this week?</p>	<p><b>5</b> In a hurry? Don't skip breakfast. Keep something on hand that you can eat on the run: fruit or a breakfast bar.</p>	<p><b>6</b> Be a well-informed consumer. Decide what to eat before reaching a restaurant by looking at their menu ahead of time.</p>	<p><b>7</b> What difference would it make if your activity <i>PointsPlus</i> values were calculated for you? Get customized goals with an <i>ActiveLink</i>.</p>	<p><b>8</b> Want to feel full? Focus on foods that are high in water content, such as fruits and vegetables.</p>	<p><b>9</b> Going out to eat this weekend? Eat plenty of vegetables and salad and a small serving of the main entrée.</p>
<p><b>10</b> Schedule your exercise for the week. <b>Know how you're going to be active tomorrow.</b></p>	<p><b>11</b> Make resistance training a part of your activity. Carry weights while walking or try doing a few sit-ups daily.</p>	<p><b>12</b> The easiest way to make activity a Routine is to do it every day. Think of yourself as an "exerciser."</p>	<p><b>13</b> How great would you feel if you earned 4 activity points today? Increase your time or intensity to do it.</p>	<p><b>14</b> Love yourself more than a high-calorie treat. Achieving a healthy weight is worth it! <b>Happy Valentine's Day</b></p>	<p><b>15</b> Aim for at least 30 minutes of activity most days. You can divide it up into 10 or 15 minute spurts, and it will still pay off.</p>	<p><b>16</b> Reflect on any little changes that you attempted this week and reward yourself for your progress.</p>
<p><b>17</b> You are the expert on you. What do you need to do this week to stay on your weight-loss plan?</p>	<p><b>18</b> What would it take to know the portion size of the foods you choose?</p>	<p><b>19</b> Try not to nibble between meals, or if you do, write it down. Every bite counts!</p>	<p><b>20</b> Take away the guilt. Forgive yourself if you've eaten too much. Start over.</p>	<p><b>21</b> Control your SPACES away from home. Use everyday objects to help you gauge portion sizes.</p>	<p><b>22</b> Already a regular exerciser? Try something new...different activities build different muscles.</p>	<p><b>23</b> Write down 3 things that you did this week to stay on your weight loss plan. Hooray for you!</p>
<p><b>24</b> Small moves such as a 5-minute longer walk help you build a solid foundation for losing weight and keeping it off.</p>	<p><b>25</b> Remember that living a healthy lifestyle involves doing things differently, not perfectly.</p>	<p><b>26</b> Think of Power Foods as premium fuel for your body. Does your ROUTINE include them in every meal or snack?</p>	<p><b>27</b> What have you discovered about your activity patterns in the past month?</p>	<p><b>28</b> Look at you! Take a picture of yourself and admire how far you've come. You are the picture of success.</p>		

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