

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 This is <i>your</i> year; this is <i>your</i> Program. Make 2013 the year you meet your goal!!! HAPPY NEW YEAR!	2 Treat yourself to a new Weight Watchers cookbook. The variety of new recipes will spice up your weight loss.	3 Set up your kitchen for success—clear out the triggers and bring in the winners.	4 Too cold to exercise? Not indoors! Find a way to work activity into your schedule today.	5 Our Spaces tool can help you control your surroundings. You can access it right at the table on the Mobile app or the mobile website.
6 Make planning ahead a priority. Plan now to attend your Weight Watchers meeting this week.	7 This month's Routine: Eat veggies or fruit with every meal and snack.	8 Who do you know who is at a healthy weight? Notice the food choices they make.	9 Set yourself up with the <i>Tracking, Spaces, and Routines</i> tools on <i>eTools</i> . Make the program work for you.	10 Stock up on spices and herbs. They add fantastic flavor to foods without adding fat or calories.	11 Pre-Track meals so you are more likely to stick with the menus you've lined up.	12 Be a part ONE AMAZING DAY today at a Weight Watchers' store or center near you! Ask your leader about it!
13 Losing weight is not about eating as little as possible; it's eating what your body needs. Eat healthy this week!	14 Learn to swap healthier foods for their less-healthy counterparts. Try whole-grain bread, fat-free cheeses, and skim milk.	15 If your fridge could talk, what would it say to help you lose weight?	16 Do you look forward to exercise? What needs to happen so that you will?	17 Stock up on Weight Watchers Power Foods, including fruits and vegetables with <i>0 PointsPlus</i> values.	18 Eating out this weekend? Eat just half your portion and bring the rest home for tomorrow.	19 By now, many people have given up on their resolutions. Don't be one of them. You can do it!
20 Planning meals saves money. You'll probably order less takeout and eat fewer pre-packaged meals.	21 How does planning your meals ahead of time impact your confidence in your ability to stay on Plan?	22 Why do you want to lose weight? How can focusing on that help you achieve your weight goal?	23 Every pound matters. Commit yourself to losing one more before the end of the month.	24 Incorporate some more produce in your meals. What's fresh and in season will be tastiest, healthiest, and cheapest.	25 Monitor yourself. Leave something on your plate at every meal. See if you feel satisfied eating just a bit less.	26 Did you exercise today? Find time to do something you will enjoy doing.
27 Eating healthy feels great. Hold on to that feeling when it is time to make good food choices.	28 Tiny changes can make a big difference, and they are worth celebrating. What will you celebrate this month?	29 Use Mental Rehearsing to imagine yourself handling a difficult situation successfully.	30 Make sure you're hydrated. Before you start, have one glass of water for every 15 minutes you'll be exercising.	31 Congratulations! You are healthier today than you were 31 days ago. Celebrate (without food) your perseverance.		

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