

# March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1 This Month's Routine:</b> After each meal or snack, decide how many <i>PointsPlus</i> values you'll use for your next meal.	<b>2</b> A goal without a plan is merely a dream. Write a Winning Outcome for the month and plan to reach it.
<b>3</b> Make a list of 3 things to do, rather than eat, in response to an emotional situation. Refer to the list when you need it.	<b>4</b> Celebrate your exercise victories! Rewards can help you stay motivated when you reach a fitness goal.	<b>5</b> Focus on eating Power Foods to stay physically satisfied longer for fewer <i>PointsPlus</i> Values.	<b>6</b> Have a pen with you or set a reminder on your phone or etools to make it easier to track.	<b>7</b> How many ounces of water will you drink today? Set a goal and plan to reach it.	<b>8</b> Enjoy dishes made with plant-based protein, such as lentil stew, split pea soup, or nuts added to salads.	<b>9</b> Snap a picture of a restaurant meal with the Snap and Track App and record what you ate as soon as you can.
<b>10</b> What is one thing you can do this week that you know for sure will lead to success? <i>Daylight Savings Time Begins</i>	<b>11</b> "If you see it, you're more likely to eat it," so use that to your benefit and make <i>Power Foods</i> easily accessible.	<b>12</b> Eat all of your meals today on small or medium-sized plates. This helps you control your portions.	<b>13</b> This is a great day to focus on eating lots of leafy, green vegetables. The darker the green, the better.	<b>14</b> Huge restaurant portions? Ask for a take-away box up front, then place half of your meal right into the box.	<b>15</b> Don't multi-task while you eat—turn off the TV, step away from the keyboard. Sit down, chew slowly, and savor the flavors.	<b>16</b> Eating out this weekend? Use a Cheat Sheet or Eat Out Guide on etools to help your pre-track.
<b>17</b> Drink alcohol in moderation. Your body will thank you. <i>Happy St. Patrick's Day!</i>	<b>18</b> At your next meeting, see if anyone wants to swap recipes. This is a great way to get new ideas.	<b>19</b> Exercise for at least 30 minutes today. Increase your intensity to make it really worthwhile.	<b>20</b> What unhealthy choice are you willing to give up? What positive difference will that make in your weight loss journey?	<b>21</b> Celebrate the first day of Spring by finding an opportunity to walk. Burn those calories!	<b>22</b> Temptation may ring your doorbell this weekend. Don't ask it to stay for dinner.	<b>23</b> Weekends often bring difficult choices. Motivate yourself by focusing on how good you will feel when you make good choices.
<b>24</b> Are you celebrating today? Focus on the occasion, not the food.	<b>25</b> One week left in March: track everything you eat for the rest of the month.	<b>26</b> Portion out your leftovers into clear containers before stashing them in the fridge or freezer.	<b>27</b> Are you taking advantage of all the tools and resources that <i>Weight Watchers 360</i> has to offer?	<b>28</b> <i>Power Foods</i> are healthy and good for us. Stock up on them at the grocery store.	<b>29</b> Remember to factor in all of your beverages in your tracking.	<b>30</b> Avoid skipping meals. Allowing yourself to get too hungry usually leads to overeating.
<b>31</b> How will you celebrate your success this month? Reward yourself in a non-food way.						

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