


# October



| Sun  | Mon   | Tue  | Wed   | Thu  | Fri  | Sat  |
|--|---|--|---|--|--|--|
|  |   |  |                 |  | 1 Make a difference in October. Set a goal to reach by Halloween.                            | 2 The pain of passing up food is temporary. The pride of being at a healthy weight lasts forever.                                    |
| 3 What is a small step you can take today that will help you reach your goal? Take it!   | 4 Using visual cues, such as your hand and common items, to assess portion sizes.                   | 5 What non-food behaviors will give you that same benefit without eating?  | 6 "When you lose, others gain." Who has gained by your losing over the last 7 weeks?              | 7 Have you checked out the Weight Watchers' website lately? Get 24-hour inspiration there.     | 8 Make healthy plans for your weekend. Don't leave your choices to chance.                   | 9 Remember: This is a LIVE-IT, NOT a diet! Will relaxing my efforts on the weekend move me closer to or farther away from that goal? |
| 10 <i>"In about the same degree as you are helpful, you will be happy."</i> —Rev. Karl Reiland.<br><b>The Lose For Good® campaign has helped us do both.</b> | 11 What healthy behaviors have now become habits for you? Focus on those this week.                 | 12 Consider celebrating your weight loss this week by contributing the equivalent in food donations to the <b>Lose For Good®</b> campaign. | 13 Make today your "lucky" day. Establish your priorities and get to work!                        | 14 A positive attitude can be a great source of strength. How strong is your attitude?         | 15 Change can be very beneficial. Make a change in your exercise routine.                    | 16 We are halfway through the month. Are you halfway to your monthly goal?   |
| 17 Don't forget to reward yourself when you reach a goal. Rewards validate our success.  | 18 Focus on choosing wholesome, natural foods rather than processed ones. Your body will thank you! | 19 <i>Weight Watchers® Weekly</i> is a valuable tool you can only get when you attend your meeting. Make time for your meeting this week.  | 20 Don't let Halloween scare you. What needs to happen for you to have a successful one?          | 21 Your opportunities to exercise outdoors will soon be limited. Take advantage while you can. | 22 Add a can of pumpkin to a spice cake mix for a low-point treat for you and your family.   | 23 It's World Series time! Apply the 3 S's of Baseball to your weight loss: Sweat + Sacrifice = Success                              |
| 24 Decide what you want. Decide what you are willing to do for it.   | 25 To get back on the right track, get out of the old rut. Try a new food today.                    | 26 Success becomes easier in practice when you've seen it in your mind. See yourself at goal!  | 27 Let's get a new bag of tricks for Halloween this year! What low-POINTS treats can satisfy you? | 28 Winning isn't always finishing first. Sometimes winning is just finishing. Don't give up!   | 29 Keep Halloween candy out of your house by giving your trick or treaters a non-food treat. | 30 <i>"Opportunity may knock only once, but temptation leans on the doorbell."</i><br>—Anonymous                                     |
| 31 You've reached the end of the month. Have you reached your monthly goal?  | <b>Happy</b>  | <b>Halloween!</b>  |   |  |  |  |

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