



March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 A goal without a plan is merely a dream. Write a Winning Outcome for the month and plan to reach it.	2 What have you heard at your meeting that has helped you this week? The meetings are the "magic."	3 Avoid skipping meals. Allowing yourself to get too hungry usually leads to overeating.	4 Is resistance training a part of your exercise routine? Try adding some weights or sit-ups today.	5 What inspires you to reach a healthy weight? Focus on that this weekend.	6 Tempted by fried foods today? Would a few bites suffice?
7 What are you capable of doing better this week? You deserve the success that will bring.	8 "MARCH" into your meeting this week! How will that motivate you?	9 Are you tracking every bite? Being aware of what you eat makes you feel in control	10 Make a list of 3 things to do, rather than eat, in response to an emotional situation. Keep the list handy to refer to when you need it.	11 Bored with the foods you are eating? Time to explore some new ideas.	12 Visit the Weight Watchers' website for some successful strategies for eating out.	13 Weekends often bring difficult choices. Motivate yourself by focusing on how good you will feel when you make good choices.
14 No time? Try the new Slow Cook It cookbook, and lose the stress! Daylight Savings Time Begins	15 Are you halfway to your Winning Outcome for the month? Do you need to make any mid-month adjustments?	16 Making yourself a priority is critical for successful weight loss. You're worth it!	17 Drink alcohol in moderation. Your body will thank you.  Happy St. Patrick's Day!	18 What unhealthy choice are you willing to give up? Your body will thank you!	19 Managing our environment makes it easier to make healthy food choices. Spring clean those kitchen cabinets!	20 Celebrate Spring by finding an opportunity to walk. Burn those calories!
21 Add activity to your day. Think of it as a gift of good health you will give to yourself.	22 At your next meeting, see if anyone wants to swap recipes. This is a great way to get new ideas.	23 Keep some Baked Snacks and Snack Bars on hand to help you get through that hard time of day.	24 Do you say, "I've had enough" often enough?	25 Are you enjoying your weight loss journey? What would make it more fun? Do it!	26 Exercise for at least 30 minutes today. Increase your intensity to make it really worthwhile.	27 Temptation may ring your doorbell this weekend. Don't ask it to stay for dinner.
28 What is one thing you can do this week that you know for sure will lead to success?	29 Knowledge is power. Knowing what works and what doesn't gives you information and the power to change.	30 Treat yourself to some air-popped or light microwave popcorn for a snack. It's good <u>and</u> healthy.	31 How will you celebrate your success this month? Reward yourself in a non-food way.			

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