




July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Set a goal for July. What would you like to have happen this month?	2 Write down 3 positive steps you will take over this holiday weekend to stay on your weight loss plan.	3 Stay focused on your 3 positive steps. Do what you need to do to stay on plan.
4  Use the holiday as an “excuse” to be healthy, not as an excuse to eat.	5 Concerned about your weigh-in after a holiday weekend? You can skip the scale, but don't skip the meeting.	6 It will go to waste or to waist. Make the right choice.	7 Celebrate successes that aren't related to the scale.	8 It's not what you've done, it's what you do next. What is your next step?	9 What is a symbol of determination for you? Use it as an anchor to get through the weekend.	10 Remember the 4 weeks to 5 challenge. Fill your plate with colorful fruits and vegetables today.
11 Plan for a good week. Get yourself, your kitchen, and your activity clothing ready.	12 Keep company with those who make you better. Don't miss your WW meeting this week.	13 What's in your kitchen that contributes to healthy living? What needs to go?	14 Exercise with a friend. Enjoy the company and the activity for 10 minutes longer than usual.	15 Do your cupboards help you lose weight? How could you change them so they will?	16 Today, eat only when you are hungry. Stop when you are satisfied.	17 You have the power to change your weight. Will you use it?
18 If you think it is too hot to cook, be sure to attend your WW meeting this week for good ideas.	19 Have you recalculated your personal daily <i>POINTS</i> target lately? It may have changed.	20 Are you tracking your food points daily? You'll be more successful if you do!	21 How you think affects how you behave, and how you think is completely within your control.	22 If you work the program, the numbers on the scales will take care of themselves.	23 Try a new activity today. What invigorates you?	24 Today, make a choice you are proud of. Record it in your Tracker.
25 Mentally Rehearse your action plan for the week. Don't give up!	26 We always have time for things we value. Make time for your WW meeting this week.	27 Drink an extra glass of water today. What other “extra” can you do to lose weight?	28 Accept responsibility for all of your actions.	29 Having a good month? Reward yourself with a WW product that will help you stay successful!	30 Are you practicing savvy snacking? Plan and track quick, healthy snacks.	31 Imagine yourself at goal weight. It's worth the effort!
						

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