


November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 What changes in energy do you feel? Celebrate that this month.	2 A good goal for November is to “lighten up” – your cooking, your portion sizes, and your weight.	3 Promise yourself to try a new, healthy recipe this week. Don’t let yourself get bored!	4 Learn to listen to your comfort zone regardless of which food plan you are following.	5 Give yourself the gift of time: time to plan, time to reflect, time to enjoy your weight loss journey.	6 Try eating more slowly today. Wait for your body to register that satisfied feeling.	7 What needs to happen for you to get past obstacles to activity?
8 Going out to eat today? Be the first in your group to order. Don’t let others influence you to make poor choices.	9 Like “Dancing With the Stars”? How can you move more today with an activity you enjoy?	10 How many unconscious calories do you consume every day? Be aware and be accountable.	11 Set a high but attainable goal for the next 2 weeks. Work toward it with determination and persistence.	12 <i>“There are many ways of going forward, but only one way of standing still.”</i> -FDR	13 Don’t be a spectator today. Take part in an activity.	14 If you stay mindful over the next few weeks, you will have one more thing to be thankful for...SUCCESS!
15 It’s the 15 th ! Are you where you want to be in your weight management journey this month?	16 Sustain your motivation by devising a holiday game plan that includes tracking and attending meetings.	17 It’s a stressful time of year. How can you better handle feeling overwhelmed besides eating?	18 Think how often you will have special foods this holiday season. How will you manage them?	19 Your aim would be to have healthy, nutritious foods in your kitchen. How are you doing?	20 What have you heard from others that indicates your progress is on course?	21 Clean out your refrigerator today. Fill it with healthy foods.
22 Remember: <i>“It’s a holiday, not a holiweek!”</i>	23 What traditional foods can you lighten up? Check out etools for online recipe help.	24 No elastic waists this week! Don’t allow yourself the comfort of overeating.	25 “Don’t be a turkey! Remember to count all those BLT’s if you are cooking!	26 Happy Thanksgiving! Aren’t you thankful to be a Weight Watchers’ member today?	27 Doing the “Black Friday” thing? Get some great activity by extra walking in the mall!	28 Have you included yourself on your holiday gift list?
29 Don’t go it alone. Harness the power of the group by making time for your WW meeting this week.	30 Have you ever let a lapse turn into a collapse? What needs to happen to prevent it from happening again?					

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www.thewwchick.com

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