

















AUGUST 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
If you receive this calendar after the first of the month, you may go back & complete tasks.				What are you doing today that will improve your life. ~just a great question~		1 Set Goals for August & take measurements
2 Tell yourself 5 positive things in mirror this	3 	4 Try a new recipe	5 	6 No seconds	7 	8 Enjoy veggie with each meal today
9 	10 Take a 10 minute walk	11 Try a new fruit or vegetable	12 Write to a gainer today	13 	14 Before bed, list 5 things you are thankful for	15 Stretch for 10 minutes after getting out of bed
16 Re-evaluate goals & make adjustments if	17 Count your exchanges today	18 Eat your meals at the table today	19 	20 NO SODA not even diet!	21 	22 
23 No negative self talk	24 	25 	26 Write to best loser today	27 Don't skip any meals	28 No snacking after 8 pm	29 25 wall push-ups
30 	31 	Most folks are about as happy as they make up their minds to be. ~Abraham Lincoln~		Nothing is too small to know and nothing is too big to attempt. ~William Van Horne~		We make a living by what we get. We make a life by what we give. ~Winston Churchill~