



















# JULY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths." ~ Walt Disney</p>			<p>1 No negative Self talk</p>	<p>2 Write to a TOPS pal </p>	<p>3 Keep a food diary today</p>	<p>4 Drink Your Water </p>
<p>5 Take a Walk </p>	<p>6 Write to a TOPS pal </p>	<p>7 No soda, not even diet</p>	<p>8 Give someone a hug</p>	<p>9 Drink Your Water </p>	<p>10 Exercise for 15 minutes </p>	<p>11 Call a TOPS Pal </p>
<p>12  Email a TOPS pal</p>	<p>13 Take a Walk </p>	<p>14 Drink Your Water </p>	<p>15 Write to a TOPS pal </p>	<p>16 Count your calories today</p>	<p>17 Lift soup cans over head for 5 minutes</p>	<p>18 Keep a food diary today</p>
<p>19 No seconds</p>	<p>20 Exercise for 15 minutes </p>	<p>21 Take a Walk </p>	<p>22 No soda, not even diet</p>	<p>23 Count your steps</p>	<p>24 Write to a TOPS pal </p>	<p>25 Pick a meal &amp; burn that many calories today</p>
<p>26 Drink Your Water </p>	<p>27 Count your exchanges</p>	<p>28 Write to a TOPS pal </p>	<p>29 Take a Walk </p>	<p>30 Call a TOPS Pal </p>	<p>"Obstacles are those frightful things you see when you take your eyes off the goal." ~ Hannah More</p>	