













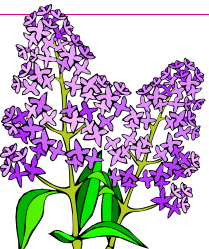


JUNE 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>We are no longer happy, as soon as we wish to be happier.</p> <p><i>Walter savage Landor</i></p>	<p>1</p> <p>Set Goals for June and take measurements</p>	<p>2</p>  <p>Email a TOPS</p>	<p>3</p> <p>25 wall Push-ups</p>	<p>4</p> 	<p>5</p> <p>Take 20 minutes for yourself</p>	<p>6</p> 
<p>7</p> <p>No soda, not even diet</p>	<p>8</p> 	<p>9</p> <p>Give someone a hug today</p>	<p>10</p> <p>Count your exchanges</p>	<p>11</p> <p>Keep a food journal today</p>	<p>12</p> 	<p>13</p> <p>Eat 4 or 5 servings of vegies/fruits</p>
<p>14</p> 	<p>15</p> <p>Re-evaluate goals and make adjustments if necessary</p>	<p>16</p> 	<p>17</p> <p>NO seconds</p>	<p>18</p> 	<p>19</p> 	<p>20</p> <p>No negative Self-talk</p>
<p>21</p> 	<p>22</p> 	<p>23</p> <p>Limit caffeine</p>	<p>24</p> <p>Pick a meal and burn that many calories today</p>	<p>25</p> 	<p>26</p> <p>Add steps to your daily routine</p>	<p>27</p> 
<p>28</p> <p>Lift soup cans above head for up to 5 minutes</p>	<p>29</p> <p>Increase your exercise by 5 minutes</p>	<p>30</p>  <p>Take measurements</p>		<p>If you receive this calendar after the first of the month, you may go back and complete the tasks.</p>		