










## MONTH of MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>If you change the way you look at things, the things you look at change.</i> ~Wayne Dyer~</p>		<p>1</p> <p>Set Goals and</p> 	<p>2</p> <p>Challenge a TOPS pal to stay in the black this month</p>	<p>3</p> <p>Walk around during commercial breaks</p>	<p>4</p> 	<p>5</p> 
<p>6</p> <p>Wait out your cravings for 15 minutes</p>	<p>7</p> 	<p>8</p> <p>No soda, not even diet!</p>	<p>9</p> <p>Encourage a gainer this week</p>	<p>10</p> <p>Spend 20 minutes by yourself</p>	<p>11</p> <p>Watch one less hour of television</p>	<p>12</p> 
<p>13</p>  <p>Relax!</p>	<p>14</p> <p>Drink your milk today</p>	<p>15</p> <p>Re-evaluate goals &amp; make changes if necessary</p>	<p>16</p> 	<p>17</p> <p>Happy St. Patrick's Day</p> 	<p>18</p> <p>Don't skip any meals</p>	<p>19</p> <p>Complete 25 wall push-ups</p>
<p>20</p>  <p>Spring Begins!</p>	<p>21</p> <p>Encourage a gainer today</p>	<p>22</p> <p>No sweets after 7 p.m.</p>	<p>23</p> 	<p>24</p> <p>No lattes or blended drinks today</p>	<p>25</p> <p>Count your exchanges</p>	<p>26</p> 
<p>27</p> <p>Name 5 things you are thankful for!</p>	<p>28</p> <p>Burn 100 calories</p>	<p>29</p> <p>Get a good night's rest</p>	<p>30</p> <p>Cut 100 calories</p>	<p>31</p> 	<p><i>To live a creative life, we must lose our fear of being wrong.</i> ~Joseph Clinton Pearce~</p>	

If you receive this calendar after the first of the month, you may go back and complete the tasks.