



















OCTOBER 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.						
<p><i>We cannot become what we need to be by remaining what we are.</i> ~Max De Pree~</p>		<p><i>You can't base your life on other people's expectations.</i> ~Stevie Wonder~</p>		<p>1 Set goal for Oct. & take measurements</p>	<p>2 </p>	<p>3 Make a "fun List" When you get knocked down, turn to positives instead of food</p>
<p>4 </p>	<p>5 </p>	<p>6 Do something special for yourself</p>	<p>7 Take "junk food" out of your menu today</p>	<p>8  Journal your food</p>	<p>9 </p>	<p>10 </p>
<p>11 </p>	<p>12 Count your exchanges today</p>	<p>13  Play outside weather permitting</p>	<p>14 Call a TOPS Pal today </p>	<p>15 Re-evaluate your goal if necessary</p>	<p>16 Add another veggie serving to your daily intake</p>	<p>17 </p>
<p>18 NO SODA, not even diet</p>	<p>19 </p>	<p>20 No snacking after 7:00 p.m.</p>	<p>21 No Seconds</p>	<p>22 Don't skip any meals</p>	<p>23 </p>	<p>24 </p>
<p>25 Fidget, stretch, and squirm today</p>	<p>26 </p>	<p>27 List 5 things that you are thankful for</p>	<p>28 </p>	<p>29 No negative self talk</p>	<p>30 </p>	<p>31 Do something special for yourself</p>