

# January



					1 Is your goal something you are willing to work toward? Take one small step toward it today.	2 Set a goal today. It doesn't have to be for an entire year, or a month, or even a week. Set a goal you can achieve.
3 Losing weight is not about eating as little as possible; it's eating what your body needs. Eat healthy this week!	4 Starting again after a time away? The <b>Momentum</b> plan can truly help you succeed. Welcome back!	5 Too cold to exercise? Not indoors! Work out today with your exercise DVD.	6 Take your measurements. Watching the inches disappear is another way to measure your success.	7 What are you willing to do to achieve the outcome you want? Do it today.	8 Stock up on spices and herbs. They add fantastic flavor to foods without adding fat or calories.	9 Weight management begins in the grocery store. Don't bring a food home that you cannot control.
10 Planning to be successful this week? Make staying for your Weight Watchers meeting a priority.	11 Treat yourself to a new Weight Watchers cookbook. The variety of new recipes will spice up your weight loss!	12 Filling Foods help you feel fuller longer. Get more for your POINTS by choosing them.	13 Be sure to get your daily milk servings. Try fat-free yogurt or cottage cheese if you'd rather eat than drink your milk!	14 Is your goal something you are willing to work toward? Take one small step toward it today.	15 Eating out this weekend? Eat just half your restaurant portion and bring the rest home for tomorrow.	16 By now, many people have given up on their resolutions. Don't be one of them. You can do it!
17 <b>"You bite it, you write it"</b> . Are you tracking all those BLT's?	18 Don't multitask while you eat. Pay attention to what's going into your mouth. You'll enjoy your food more and eat less.	19 Learn to swap healthier foods for their less-healthy counterparts. Try whole-grain bread, fat-free cheeses, skim milk.	20 Monitor yourself. Leave something on your plate at every meal. See if you feel satisfied eating just a bit less.	21 Use Mental Rehearsing to imagine yourself handling a difficult situation successfully.	22 Exercise helps us lose the weight and keep it off. All types of activity count. Let's move today!	23 Need some between the meeting support? Try the Message Boards at <a href="http://WeightWatchers.com">WeightWatchers.com</a>
24 Do you look forward to exercise? What needs to happen so that you will?	25 Are you having fun losing weight? You will stick with it and do better if you enjoy the journey.	26 Every pound matters. Commit yourself to losing one more before the end of the month.	27 Reward yourself today for the success you have had so far this month. Celebrate (without food) your perseverance!	28 Leave something on your plate at every meal. See if you feel satisfied eating just a bit less.	29 Did you exercise today? Find time to work in 10 minutes a day, every day.	30 If you've got to splurge, splurge on veggies instead of chocolate.
31 Congratulations! You are healthier today than you were 31 days ago. Way to go!						