

WeightWatchers.com Rise and Shine Challenge: Week 1

Print this worksheet out, and use it to schedule your breakfasts and morning activities. Put it where you'll see it as soon as you wake up!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation	<p>"The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. This is the day your life really begins." – Bob Moawad</p>	<p>"You can't always change your lifestyle to fit the program. Instead, find ways to make the program fit your lifestyle." – Leader B.J.M., Davenport, Iowa</p>	<p>"When you believe something can be done, really believe, your mind will find the ways to do it. Believing a solution paves the way to solution." – David Schwartz</p>	<p>"Realize that the Plan doesn't require perfection; it takes persistence." – Success Story Stacey</p>	<p>"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you had everything to do, and you've done it." – Margaret Thatcher</p>	<p>"Motivation is what gets you started. Habit is what keeps you going." – Jim Ryun</p>	<p>"The greatest thing you have is the 24 hours you have in front of you. The past is gone, the future is distant. Today you can succeed. Set a goal you can achieve within the next 24 hours." – Leader J.P. Sarasota, FL</p>