

## WeightWatchers.com Rise and Shine Challenge: Week 2

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 | "I finally figured out the only reason to be alive is to enjoy it." – Rita Mae Brown | "Challenges make you discover things about yourself that you never really knew." – Cicely Tyson | "There is only one success – to be able to spend your life in your own way." – Christopher Morley | "Attitude is a little thing that makes a big difference." – Anonymous | "If I have to, I can do anything. I am strong, I am invincible, I am a woman." – Helen Reddy | "The strongest principle of growth lies in human choice." – George Eliot | "Taking joy in life is a woman's best cosmetic." – Rosalind Russell |