

WeightWatchers.com Rise and Shine Challenge: Week 3

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>"Even if you're on the right track you'll get run over if you just sit there." – Will Rogers</p>	<p>"The toughest thing about success is that you've got to keep on being a success." – Irving Berlin</p>	<p>"Obstacles are those frightful things you see when you take your eyes off your goals." – Sydney Smith</p>	<p>"Shoot for the moon, even if you miss, you'll land amongst the stars." – Les Brown</p>	<p>"What would you attempt to do if you knew you would not fail?" – Robert Schuller</p>	<p>"In the confrontation between the stream and the rock, the stream always wins, not through strength but by perseverance." – H. Jackson Brown</p>	<p>"It's never too late to be what you might have been." – George Eliot</p>