

WeightWatchers.com Rise and Shine Challenge: Week 4

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	"One can never consent to creep when one feels an impulse to soar." — Helen Keller	"For every pound we lose, we gain so much more: a healthier lifestyle, renewed self-esteem and the confidence to make changes in our lives." — H.T.	"Self-control is like a muscle: the more you use it, the stronger it gets." — T.S.H.	"Don't exchange what you want most for what you want at the moment." — L.G.	"Success is a journey, not a destination. Weight loss is a process. Just being part of the process means you are succeeding." — V.H.	"You can't get anywhere unless you start." — Anonymous	"A journey of a thousand miles must begin with a single step." — Lao-Tzu