



TAKE OFF POUNDS
SENSIBLY

December 2014

Daily Inspirations Calendar

SUN	MON	TUES	WED	THU	FRI	SAT
	1 Call or email a fellow TOPS member this week and let them know how you are doing with your goals.	2 Do not wait until you are famished to eat.	3 Try adding vegetables to frozen entrees to boost your fiber for the day. 	4 When you think you are hungry, make sure you're not just thirsty instead.	5 Craving something sweet? Try hot cocoa.	6 If you're hitting the mall, pack a lunch instead of visiting the food court.
7 Sledding or ice skating is a fun way to burn calories.	8 Set an alarm to remind yourself to move every hour.	9 All great achievements require time. —Maya Angelou	10 Make half of your dinner plate vegetables and fruit.	11 One serving of meat is about the size of a deck of playing cards. 	12 Cut caffeine after noon to work toward getting a more restful night's sleep.	13 Wrap gifts with a friend or take a walk together. 
14 One tablespoon of peanut butter counts as one meat exchange.	15 Have an attitude of gratitude.	16 As a rule of thumb, choose grains or starchy foods with at least three grams of fiber per serving.	17 Establish "no-food zones" such as your car, desk or television room.	18 Skip added sugar today.	19 Plan a fun outing with a friend.	20 Have a healthy snack before hitting a holiday party.
21 The next time you do laundry, put away each item individually or in small stacks instead of using a basket.	22 Feeling stressed? A 10-minute walk can work wonders.	23 Chew sugar-free gum while cooking to avoid too much tasting and sampling.	24 Spend today with people who make you happy.	25 Give yourself the gift of good health.	26 Start thinking about a healthy goal you can achieve in 2015.	27 Start today off with a workout.
28 Leave at least four bites on your plate at each dinner this week.	29 Write an inspiring message this week and post it somewhere where you will see it often.	30 Write down three good things that happened this year.	31 It's almost a new year. How will you work toward a new you?			