

Welcome to the BigSliceOff - Week One	http://bigslice.clubmom.com
Dinners	Ground Rules:
Monday:	Eat three healthy meals a day, plus two healthy snacks (if you want).
Tuesday:	Follow any diet plans or rules you want - aim for sensible.
Wednesday:	Plan your meals for the week.
Thursday:	Drink your water.
Friday:	Get moving.
Saturday:	Get plenty of sleep.
Sunday:	Once choice at a time. Don't let one slip-up ruin your day. Tell your family and friends what you are up to, and get them involved.
Exercise: Week 1	Personal Weight Loss Goal for this week:
<i>Five hours of aerobic exercise - you decide when and how. Track your minutes!</i>	
Mon: _____ Tue: _____ Wed: _____ Thu: _____	<i>Don't forget to take a photo of your scale at Monday weigh-in!</i>
Fri: _____ Sat: _____ Sun: _____	Think on this: What are your eating triggers? What keeps you from eating healthy? Is it planning? Boredom? Too many temptations in your cupboards? Write down your trouble spots, and then write down how you can head yourself off at the pass. Call a friend. Read a blog. Head out the door for a 15 minute walk. Drink a glass of water. Hey, even sitting down with a snack and really tasting and enjoying is better than empty binge eating. Give yourself the power to redirect your energy.
Try this: Add an additional serving of veggies to every meal.	
Measurements	Drink your water! 8 glasses, 8 oz each.
Waist:	Mon: 1 2 3 4 5 6 7 8
Hips:	Tues: 1 2 3 4 5 6 7 8
Upper Arm:	Wed: 1 2 3 4 5 6 7 8
Thigh:	Thur: 1 2 3 4 5 6 7 8
Neck:	Fri: 1 2 3 4 5 6 7 8
Start Weight:	Sat: 1 2 3 4 5 6 7 8
Average Weight for week:	Sun: 1 2 3 4 5 6 7 8