

Welcome to the BigSliceOff - Week Two	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 2	
Try two new activities this week - new DVDs? Rollerblading? Lifting weights? Swimming? Horseback riding? Yoga? Hopscotch? I still want you to tackle five hours of fitness this week. Log those minutes!	Personal Weight Loss Goal for this week:
Mon: _____ Tue: _____ Wed: _____ Thu: _____	Don't forget to take a photo of your scale at Monday weigh-in!
Fri: _____ Sat: _____ Sun: _____	Think on this:
Try this:	The number on the scale doesn't define you. The number is just that - a number. It is a tool that we are going to use. But don't get too wrapped up in what the number says about you. You are all gorgeous, strong women. Whether you have 10 pounds to lose, or a 100 pounds, you are capable of making it happen.
Add short, 5 to 10 minute bursts of high energy activity, several times a day. Play like a little kid.	Your personal motto:
	Drink your water! 8 glasses, 8 oz each.
	Mon: 1 2 3 4 5 6 7 8
	Tue: 1 2 3 4 5 6 7 8
	Wed: 1 2 3 4 5 6 7 8
	Thu: 1 2 3 4 5 6 7 8
	Fri: 1 2 3 4 5 6 7 8
	Sat: 1 2 3 4 5 6 7 8
	Sun: 1 2 3 4 5 6 7 8
Start Weight:	
Average Weight for week:	