

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 3 <i>Five hours of aerobic exercise - you decide when and how. Track your minutes! Add in strength training - shoot for three days this week of free weights, resistance bands, tossing toddlers like a caber, whatever.</i>	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: As I struggled through the final months of my third pregnancy, my doctor casually mentioned that if I continued to carry extra weight, avoid exercise and eat whatever wasn't nailed down, the aches and pains of pregnancy would be my daily reality by the time I turned 50. I'm working hard to make my body strong and healthy now, in the hopes that good health well into my senior years will follow. It isn't about the size of my jeans, or the ability to wear a bikini - although those things are certainly motivating now. No, it is about my desire to be a fit, active grandma. What do you want for your future?
Try this: Give meditation a try. Sit quietly and bring your focus to your body. Envision yourself reaching your goals. Be positive and accepting of your journey. Even five minutes of positive, directed thought can make a huge difference in your progress. Don't believe me? Give it a try, anyway.	
Measurements	
Waist:	Drink your water! 8 glasses, 8 oz each.
Hips:	Mon: 1 2 3 4 5 6 7 8
Upper Arm:	Tues: 1 2 3 4 5 6 7 8

Thigh:	Wed: 1 2 3 4 5 6 7 8
Neck:	Thur: 1 2 3 4 5 6 7 8
	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