

"Energy and persistence conquer all things."

# YOUR WEEKEND SURVIVAL GUIDE

"You are successful the moment you start moving toward a worthwhile goal."

Before you eat anything today, ask yourself these questions:

- Is it healthy?
- Is it worth it?
- If I do have it... will I be sorry later?

- Carry a water bottle with you to your weekend activities.
- Set some "weekend specific" goals for yourself based on the realities of what you'll be doing.
- If you are going to be out all day, pack some healthy snacks in case you get hungry.
- Plan ahead!! If you are going out to eat, find the restaurant's menu (and any available nutritional information) online.
- Plan family activities like bike rides or outdoor games.

# TIPS FOR TURNING AWAY TEMPTATION

< :: Fold Second :: >

< :: Fold First :: >

## THE "WEEKEND ESSENTIALS" CHECKLIST

If you're afraid you can't reach all of your goals, don't be discouraged. There are some bare essential healthy habits that can carry you through until Monday. When your routine is a little thrown off, this checklist can keep you on track. Whatever happens, try to at least check off these items each day of the weekend. Refer to it throughout the day to gauge your progress and see where you might need to put in a little extra effort. None of these habits require a large time commitment, but each can go a long way to helping you reach your goals!

|  | Sat                      | Sun                      |
|--|--------------------------|--------------------------|
| I exercised for at least 10 minutes today  | <input type="checkbox"/> | <input type="checkbox"/> |
| I have eaten at least 3 servings of fruits and vegetables today                        | <input type="checkbox"/> | <input type="checkbox"/> |
| I have had at least 6 glasses of water today   | <input type="checkbox"/> | <input type="checkbox"/> |
| I have my goals posted in a visible place and have looked at them at least once today  | <input type="checkbox"/> | <input type="checkbox"/> |
| If dining out, I have planned a strategy for what to eat and how to handle temptations | <input type="checkbox"/> | <input type="checkbox"/> |

**If you answered "yes" to all of these questions, good for you!  
If not, can you make a plan for improvement?**

*"Obstacles are those frightful things you see when you take your eyes off the goal."*