

WarriorsOfWeight.com - Fill-In-The-Blanks:One

1. Noun _____

2. Verb _____

3. Verb _____

4. Event _____

5. Verb Ending In Ing _____

6. Event _____

7. Event _____

8. Noun _____

9. Verb _____

10. Verb _____

11. Past Tense Verb _____

12. Event _____

13. Noun _____

14. Pronoun _____

15. Verb _____

16. Event _____

17. Number _____

18. Event _____

19. Verb _____

20. Event _____

21. Event _____

22. Noun _____

23. Noun

24. Number

25. Noun

26. Noun

27. Noun

28. Adjective

29. Plural Noun

30. Noun

31. Noun

32. Event

33. Noun

34. Noun

35. Number

36. Verb Ending In Ing

37. Noun

38. Number

39. Number

40. Number

41. Number

42. Number

43. Adjective

WarriorsOfWeight.com - Fill-In-The-Blanks:One

I am a mom and have just joined WarriorsOfWeight.com. Not being able to communicate with my daughter about her weight issues is my biggest priority. Now, using articles and tools from this site and inbox magazine, I am getting more in tune my daughter about her fitness vision, and I am a better listener. Since she is in a position where her weight is getting in her way, I am giving her this fun exercise below. Of course, I understand, now, that it might not be for her, and I will not force it on her because I think it is a good idea, as I have in the past.

To my daughter: if you choose to do this fill-in-the-blanks exercise, I hope it will make you laugh. The following is about you:

When I get up in the morning, I think about _____ Noun _____. I can hardly wait to _____ Verb _____ so that I can have enough energy to accomplish _____ Verb _____. My priority goal today is _____ Event _____. This goes along with succeeding at _____ Verb ending in ing _____. My priority goal every day is _____ Event _____.

What my biggest challenge is is _____ Event _____. When I see _____ Noun _____ I have to _____ Verb _____ so that I do not _____ Verb _____. In the past, I have _____ Past tense verb _____ when I have been in this situation. Now, I am focused on _____ Event _____ so that I achieve _____ Noun _____. _____ Pronoun _____ Verb _____ to control this habit when I _____ Event _____.

During my day, I spend _____ Number _____ hours on _____ Event _____. I _____ Verb _____ what I do. I plan to do _____ Event _____ in the future.

The way I know it is lunchtime is _____ Event _____. If I did not use restraint, I would eat _____ Noun _____. Because I am using restraint, my favorite lunch food is _____ Noun _____.

Throughout the day, I have _____ Number _____ snacks. My favorite is _____ Noun _____. If I were not learning to control my urges, I would eat _____ Noun _____. But, I found a good substitute that is good for the path I would like to

be on. It is _____ Noun _____.

It makes me feel _____ Adjective _____ to use self-control. That is because the progress I want is only _____ Plural _____ noun _____ away if I put off eating _____ Noun _____ on a regular basis.

If I were to eat my favorite dinner, it would be _____ Noun _____. However, I value _____ Event _____ more than I value _____ Noun _____ same word as 2 ago. So, I will choose _____ Noun _____ instead, to think of my fitness.

After my day is winding down, I usually spend _____ Number _____ minute(s) doing _____ Verb ending in ing _____ which is great for letting go and relaxing. I want to eat _____ Noun _____ afterwards. Instead, I drink _____ Number _____ glass(es) of water.

On the program I would like to be on, I would do _____ Number minutes of exercise. Since I am interested in new horizons, I will now start doing _____ Number minute(s) of exercise before sleep.

I will take _____ Number seconds to count how many times I breathe. This will make me calm and satisfied.

When I go to sleep, I want to have accomplished _____ Number things that relate to my _____ Adjective goal in first paragraph. I will appreciate myself, no matter what.