

# 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

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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 \_\_\_\_\_. I can hardly wait to \_\_\_\_\_ so that I can have enough energy to accomplish \_\_\_\_\_. My priority goal today is \_\_\_\_\_. This goes along with succeeding at \_\_\_\_\_. My priority goal every day is \_\_\_\_\_.

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.

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