

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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