

Diet Calendar

This is the calendar that 92.7% of all dieters use.
If they can do it, so can you!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>DAY ONE!!! 1</p> <p>Weight: 208.0 Body Fat: 39%</p> <p>Oh man, you've never weighed this much. But you're fired up now! This time will be different!</p>	<p>2</p> <p>Weight: 208.5 Body Fat: 39%</p> <p>Dang. You gained a half pound. But don't worry, it's just your body adjusting to the change, right?</p>	<p>3</p> <p>Weight: 207.5 Body Fat: 39%</p> <p>That's better! You're now down half a pound overall. Have a cookie.</p>	<p>4</p> <p>Weight: 207.0 Body Fat: 39%</p> <p>No way! Down another half pound since yesterday? That makes one pound in just 3 days!!!</p>	<p>5</p> <p>Weight: 206.5 Body Fat: 39%</p> <p>And now down a pound and a half for the week. Awesome. Have a slice of pizza. Or two. Or six.</p>	<p>6</p> <p>Weight: 206.5 Body Fat: 39%</p> <p>Oh man, you dodged a bullet. All that pizza and you didn't gain. Just don't blow it today, okay?</p>
<p>7</p> <p>Weight: 208.5 Body Fat: 39%</p> <p>You blew it, didn't you. You just couldn't pass up that cheeseburger, fries, and thick milk shake...</p>	<p>DAY ONE!!! 8</p> <p>Weight: 209.0 Body Fat: 39%</p> <p>Okay, this is it. Really. I swear. You're back on the program and nothing can stop you now.</p>	<p>9</p> <p>DAY ONE!!!</p> <p>Weight: 209.5 Body Fat: 39%</p> <p>I mean today. Yesterday didn't count. You had no idea you would be visited by the Evil Donut Fairy.</p>	<p>10</p> <p>Weight: 208.5 Body Fat: 39%</p> <p>Down one pound in one day!!! (Almost back to your starting weight nine days ago.)</p>	<p>11</p> <p>Weight: 208.0 Body Fat: 39%</p> <p>Awesome! Now you're back to your starting weight. Just do NOT celebrate with a cookie.</p>	<p>12</p> <p>Weight: 207.0 Body Fat: 39%</p> <p>Not bad, not bad. Maybe there's something to this whole not-eating-any-cookies thing.</p>	<p>13</p> <p>Weight: 206.0 Body Fat: 39%</p> <p>No way!!! You held out and skipped the pizza last night. Good job. High fives all around.</p>
<p>14</p> <p>Weight: 205.0 Body Fat: 39%</p> <p>Is this really happening? A pound a day for the third day in a row! THIS will keep you motivated.</p>	<p>15</p> <p>Weight: 204.5 Body Fat: 39%</p> <p>Do a little dance! Then immediately tell all your friends about your amazing progress.</p>	<p>16</p> <p>Weight: 204.5 Body Fat: 39%</p> <p>You told someone about your amazing progress, didn't you? Don't you know that halts progress?</p>	<p>17</p> <p>Weight: 204.5 Body Fat: 39%</p> <p>See?</p>	<p>18</p> <p>DAY ONE!!!</p> <p>Weight: 204.5 Body Fat: 39%</p> <p>I wasn't kidding about that. It's one of the Laws of Dieting. But keep walking and eating carrots.</p>	<p>19</p> <p>Weight: 204.5 Body Fat: 39%</p> <p>All right, it was funny the first two days, but this is starting to get mean, don't you think?</p>	<p>20</p> <p>Weight: 207.0 Body Fat: 39%</p> <p>The pizza returned last night and so did the weight. You shouldn't let a little plateau get to you.</p>
<p>21</p> <p>Weight: 207.5 Body Fat: 39%</p> <p>No, no, no. This isn't happening. Okay, I'm sorry about the pizza. Really. I'll do better!</p>	<p>22</p> <p>DAY ONE!!!</p> <p>Weight: 208.0 Body Fat: 39%</p> <p>Okay, this is it. Really. I swear. You're back on the program and nothing can stop you now.</p>	<p>23</p> <p>Weight: 207.5 Body Fat: 39%</p> <p>All right. That's okay. We're heading the right direction again. Not to worry anymore.</p>	<p>24</p> <p>Weight: 207.0 Body Fat: 39%</p> <p>Why, oh, why did they bring in pizza to work today? Was it <i>really</i> just to torture you?</p>	<p>25</p> <p>Weight: 207.5 Body Fat: 39%</p> <p>Dang it!</p>	<p>26</p> <p>Weight: 207.5 Body Fat: 39%</p> <p>Why doesn't the body fat percentage <i>ever change</i>?</p>	<p>27</p> <p>Weight: 209.0 Body Fat: 39%</p> <p>Note to self. Call doctor Monday morning to schedule liposuction.</p>