

# 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 \_\_\_\_\_ 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.