

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

1. Noun
2. Verb
3. Noun
4. Verb Ending In Ing
5. Verb Ending In Ing
6. Event
7. Event
8. Plural Noun
9. Verb
10. Verb
11. Verb
12. Event
13. Noun
14. Verb
15. Number
16. Event
17. Verb
18. Event
19. Adjective
20. Plural Noun
21. Plural Noun
22. Number

23. Plural Noun
24. Plural Noun
25. Noun
26. Adjective
27. Number
28. Plural Noun
29. Noun
30. Event
31. Event
32. Plural Noun
33. Number
34. Verb Ending In Ing
35. Plural Noun
36. Number
37. Number
38. Number
39. Number
40. Number
41. 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.

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 \_\_\_\_\_ Noun \_\_\_\_\_. My priority goal today is \_\_\_\_\_ Verb ending in ing \_\_\_\_\_. This goes along with succeeding at \_\_\_\_\_ Verb ending in ing \_\_\_\_\_. My priority goal every day is the \_\_\_\_\_ Event \_\_\_\_\_.

What my biggest challenge is is the \_\_\_\_\_ Event \_\_\_\_\_. When I see \_\_\_\_\_ Plural noun \_\_\_\_\_ I have to \_\_\_\_\_ Verb \_\_\_\_\_ so that I do not \_\_\_\_\_ Verb \_\_\_\_\_. In the past, I used to \_\_\_\_\_ Verb \_\_\_\_\_ when I was in this situation. Now, I am focused on

the \_\_\_\_\_ Event so that I achieve \_\_\_\_\_ Noun. It is easier to control this habit when I \_\_\_\_\_ Verb.

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

I know it is lunchtime when I feel \_\_\_\_\_ Adjective. If I did not use restraint, I would eat \_\_\_\_\_ Plural noun.

Because I am using restraint, my favorite lunch food is \_\_\_\_\_ Plural noun.

Throughout the day, I have \_\_\_\_\_ Number snacks. My favorite is \_\_\_\_\_ Plural noun. If I weren't learning to control my urges, I would eat \_\_\_\_\_ Plural noun. But, I have found a good substitute that complements the path I would like to be on. It is the delicacy of \_\_\_\_\_ Noun.

It makes me feel \_\_\_\_\_ Adjective to use self-control. That is because the progress I want is only \_\_\_\_\_ Number week(s)

away if I put off eating \_\_\_\_\_ Plural noun \_\_\_\_\_ on a regular basis.

If I were to eat my favorite dinner, it would be \_\_\_\_\_ Noun \_\_\_\_\_. However, I value the \_\_\_\_\_ Event \_\_\_\_\_ more than I value the \_\_\_\_\_ Event \_\_\_\_\_. So, I will choose \_\_\_\_\_ Plural noun \_\_\_\_\_ instead, to think of my fitness.

As my day winds down, I usually spend \_\_\_\_\_ Number \_\_\_\_\_ minute(s) doing \_\_\_\_\_ Verb ending in ing \_\_\_\_\_ which is great for letting go and relaxing. I want to eat \_\_\_\_\_ Plural noun \_\_\_\_\_ afterwards. Instead, I drink \_\_\_\_\_ Number \_\_\_\_\_ glass(es) of water.

The program I would like to be on would have \_\_\_\_\_ 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 \_\_\_\_\_<sup>Number</sup>\_\_\_\_\_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 \_\_\_\_\_<sup>Number</sup>\_\_\_\_\_things that relate to my \_\_\_\_\_<sup>Adjective</sup>\_\_\_\_\_

joyous priority goal mentioned before. When calculating, I can include the breaths I take during the day to arrive at my number.

I will appreciate myself, no matter what.