

I will conquer overeating. Defeat will not be in my creed. I will believe where others have doubted.

I will always uphold the prestige, honor and respect of my weight loss team.

I have trained my mind and my body will follow.

Who am I? I am a champion!

I will acknowledge the fact that fast food does not expect me to win, but I will never surrender.

Weakness will not be in my heart.

I will arrive at the cutting edge of my food plan and win, by any means at my disposal.

I accept the fact that my weight loss team expects me to move faster and fight harder and get to goal.

Never shall I fail my weight loss teammates.

I will always keep myself mentally alert, physically strong and morally straight,

and I will shoulder more of my share of the task whatever it may be, 100%

Who am I? I am a champion!

Gallantly will I show the world that I am a specially selected and well-trained weight loss warrior.

My heart and my soul will be the fuel to carry my body when my limbs are too weary.

I will never falter I will never lose focus.

As long as there is hope in my mind and my heart still beats,

I will never give into the over indulgence that is weakness, and I will fight that indulgence with my dying breath.

Who am I? I am a champion!

Energetically when I meet my trigger foods and sloth they will not challenge me,

they will not stop me from my goal.

I shall defeat them on the table of battle, for I am motivated and will fight with all of my might.

Defeat, retreat are not a champions words.

I will never leave anything but the very best at the scale with my weight loss teammates,

and under no circumstances will I ever surrender.

Who am I? I am a champion!

Readily will I display the discipline and strength required to fight forward to my objective,

and complete that objective. I will rise when I have fallen.

I will rip the heart from the Pillsbury dough boy and leave it beating on the ground because he cannot stop me.

Who am I? I am a champion!

The scale may not fear me, but it will respect me.

And if the scale does not I will make it respect me with all that I have to give.

Who am I? I am a champion!

It is our time, Not tomorrow, not next week, but right now.

No one will say I have not given all I have to give, and no one will take my glory.

Who am I? I am a champion!

History will remember me! No one will deny me! No one will define me!

No one will tell me who and what I am, and what I can be!

Who am I? I am a champion!



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We are the Champions!

Weight loss is like football

The players huddle with the coach to make their plan.

The game book is consulted.

When you first get the ball and start the game.

You start your way down on the field;

The goal in football isn't to get a touchdown in the first try.

It is to just get a 1st down,
In order to get that 1st down you don't do it all at in one play.

You go play-by-play
Until you make it to that first down.

You have your mascot to make you smile,
Along the way the fans cheer and rally you forward,
The cheer leaders root for your success!

Once you get that 1st down,
you try and make a second 1st down.

So on down the field

In football even though you may get sacked, intercepted, and at times lose yards along the way... You don't just quit. Not one bit!

When you have taken the field step by step,
you finally make that touchdown, reaching your goal weight.

You throw your hands in the air and dance,
Your teammates lift you to their shoulders
and
celebrate b-e-c-a-u-s-e
YOU ARE THE CHAMPION!!!

Lets talk about team YOU



Who is your coach?
Do you need one?
Who can you ask to help?



What is your game book?
What can you do with a game book?
How can a game book help you?



What program are you doing?
Do you have what you need to go forward?



Have you made that first down?
How did it feel?

Who are your fans?
How do they help you win?



Who is your biggest cheerleader?



What can sack or intercept you?
What will cause you to lose yards?
How can you move past it?

At Goal

You have thrown your hands in the air and danced,
Your teammates have lifted you to their shoulders
and celebrated you.... how did that feel?



Now lets get LOSE LOSE LOSE remember ---WE ARE THE CHAMPIONS!