



Dear (co-worker/supervisor/boss, assistant),

I am sure you've noticed that I have (**struggled with weight my whole life/just had a baby/am retaining water for many people/drink too many beers**). Recently I have begun to (**crash diet/count calories/reduce carbs/adopt a healthy lifestyle**) in attempt to (**lose a few pounds/fit into my old prom dress/become smoking hot/lower my risk of a massive heart attack**).

I have noticed that you enjoy (**baking/bringing in band candy/celebrating even those most minuscule holidays**). I would appreciate if you would stop putting treats on (**my desk/next to my cubicle/on my computer monitor/in my face**). You certainly have every right to bring these items to work but please put them in the break room. This way I can avoid the temptation and you can continue to enjoy bringing in treats.

In addition, after I decline your food items please desist from announcing loudly to the (**entire office/free world**) that (**one piece won't hurt/I am on another crazy diet/you knew I couldn't resist**).

Your actions when I decline your food indicate that you (**are jealous of my success/want me to continue to ignore my health/are a jackbag**).

I enjoy our working relationship and hope that it continues productively, however if you persist in sabotaging my efforts I will get a safety pin and poke the voodoo doll of you I keep in my (**purse/briefcase**) in it's (**butt/eye/big toe**). This shouldn't surprise you as you always knew I couldn't resist.

Warmly,  
The Dieter