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OCTOBER RESOLUTIONS AND CHECKLIST



I resolve to exercise 18 times before Halloween.

I resolve to drink an unreasonable amount of water 18 times before Halloween.

I resolve to purchase Halloween Candy on October 31st.

I resolve to pass out gross tasting candy or dental floss so as to adhere to my own goals.

I accept that passing out dental floss is like painting a target on my house that says EGG ME.

I understand that the neighborhood children are not evil, they're acting out as a result of a diabetic rage. I can blame the neighbors for this.

Halloween Checklists

18 Exercise Sessions Before October 31st

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| | | | | | Halloween |

Good Water Days

18 Days between now and Halloween

I vow to drink an unreasonable amount of water

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| | | | | | Halloween |

Dates to Remember for October

___ October 30 Buy Candy (stuff you hate, we're talking the dregs, the crud no one wants, really sucky left over duds, NOT mini-Hershey Bars)

___ October 31, 30 Minutes before trick or treaters arrive squeeze into uncomfortable pants

___ October 31 seconds before neighborhood trick or treating begins *open* candy

___ Periodically squeeze flab using over waist band as candy deterrent

___ November 1, 2008 aggressively destroy left over candy

___ November 1, 2008 avoid the aggressively distributed candy at the office

___ November 1, 2008 beg children to hide candy