

1 WEEK IN THE LIFE OF A WEIGHT WATCHERS MEMBER

Day 1 (right after weigh in)

Oh boy, that piece of cake I saved is near.
One big slice, I have no fear.
Besides, no pounds will ever show,
I've got, seven whole days to go.

Day 2

A day of shopping at the mall,
And a burger special – cheese, mayo and all.
I'll walk it off and get in gear.
Six days to go, no weigh-in near!

Day 3

I think I'll skip my tuna lunch,
A Reuben Sandwich is what I'll munch.
With maybe a shake and chips, you know?
Beside, I've got five days to go!

Day 4

For breakfast one egg, toast and juice.
Kids left their pancakes. Oh! What's the use?
These days wasting food is such a sin,
And it's still four days until I weigh in.

Day 5

Boy, the weekend is really rough.
Restaurant menus are very tough!
I'll work off this steak, no problem here.
In just three days I'll be in the clear?

Day 6

Breakfast....I'll just have coffee today.
Maybe I'll lose some that way!
Supper...I'm starving- I'll eat a whale
Two more days till I step on that scale.

Day 7

Now my nerves are really a wreck.
I might as well eat. Oh! What the heck!
I'll drink tons of water and walk all night.
One day to go – I'll be alright

Weigh in day

I polished off the pizza as a snack today
But followed it with two bowls of Special K!
I gained two pounds – can you believe?
Maybe it is the Milky Way I've got up my sleeve
Really, Weight Watchers works if you just take it slow
I guess I didn't have seven days to go!