

When you've eaten too much and you can't write it down
And you feel like the biggest failure in town;
When you want to give up just because you gave in
And forget all about being healthy and thin;
So What! You went over your points a bit;
It's your next move that counts...So don't you quit!

It's a moment of truth, It's an attitude change;
It's learning the skills to get back in your range;
It's telling yourself "You've done great up till now;
You can take on this challenge and beat it somehow."
It's part of your journey toward reaching your goal;
You're still gonna make it, just stay in control.

To stumble and fall is not a disgrace
If you summon the will to get back in the race;
But, often the struggler's when losing their grip
Just throw in the towel and continues to slip
And learn too late when the damage is done
That the race wasn't over and they still could of won.

Life-style change can be awkward and slow
But facing each challenge will help you to grow;
Success is failure turned inside out
The silver tint in the cloud of doubt.
When you're pushing to the brink, just refuse to submit;
If you bite it you write it... But Don't you quit!