

"Diet Rock"

I am a little diet rock
As cute as I can be.
Although I'm sweet to look at,
I'm both fat and sugar free.
When you get up each morning
Lift me high into the air,
Then set me on the floor 10 times
Before sitting on the chair.
Please place me on the table
At the place YOU plan to eat
And remember I am watching
What YOU do and what YOU eat.
When you are serving up your plate
Please leave my section free,
And I'll reduce the calories
By the space you saved for me.
After you have eaten,
Although I'm just a rock,
Please slip me in your pocket
And take me for a walk.
If YOU do this faithfully,
Then in a month or two,
Although I'll still be just the same,
YOU'LL be a slimmer you

A STONE IN MY POCKET

I carry a stone in my pocket
A little reminder to me
That I should follow the monograph
No matter where I may be
This little stone is not magic
Nor is it a good luck charm
It's just to remind me that some
Things I eat, are sure to cause me harm
It's not for identification
For all the world to see
It's simply an understanding
There's a special me I want to be
When I put my hand in my pocket
To bring out a coin or a key
That stone is there to remind me
That the scale will soon judge me
So I carry the stone in my pocket
Reminding no one but me
That I am a striving TOPS member
With the goal of a thinner me.