

Seven Days To Go

(Change the days to suit your meeting)

MONDAY evening, 8:30 P.M.
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 days to go.

TUESDAY - A day of shopping, to the mall we go For a burger special,
it's cheaper you know. I'll walk it off, I have no fear;
Six days to go, no weigh-in near!

WEDNESDAY - I think I'll skip my tuna lunch, a ham sandwich is what I'll
munch.
Tuna's getting expensive you know;
Besides, I've got five days to go!

THURSDAY - For breakfast, one egg, toast and juice Kids left their
pancakes! oh, what's the use. With inflation, to waste is a sin;
Besides it's four days til I weigh in!

FRIDAY - Breakfast I'll just have coffee today Maybe I'll lose more that
way.
Supper - a little extra I'll eat
Three days before those scales, I meet!

SATURDAY - Boy eating out is really rough, Restaurant menus are really
tough;
I'll work this steak off, have no fear;
In just two days, it'll be clear!

SUNDAY - Now my nerves are really a wreck, I might as well eat, what the
heck!
I'll take two ex-lax late tonight;
One day to go - it'll be all right!

MONDAY - I can't afford to eat - no way! Six trips to the John might
save my day. I gained two pounds, wouldn't you know?
Guess I didn't have seven days to go!