

## JESSIE'S CALENDAR

<b>May 2</b> Tuesday	APRIL							JUNE						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	2	1	2	3	4	5	6	7
	3	4	5	6	7	8	9	8	9	10	11	12	13	14
	10	11	12	13	14	15	16	15	16	17	18	19	20	21
	17	18	19	20	21	22	23	22	23	24	25	26	27	28
	24	25	26	27	28	29	30	29	30	31				
8:00	Breakfast: egg-white omelet, green tea, blueberries (Dr. Small would be proud.)													
9:00	Parked my car at a distance—5-minute walk . . . YES!!!													
10:00	My daughter called for money again. Okay, so I ate two donuts.													
11:00	Took a 10-minute meditation break. Feeling better already.													
12:00	Grilled chicken sandwich for lunch—you go girl . . . you're back on track.													
1:00														
2:00	Took a break to do a Sudoku puzzle—finished it in 10 minutes!													
3:00	I'm starving and would love those chips but I grabbed a yogurt and raisins instead.													
4:00	Did some more brain games; practiced "look, snap, connect."													
5:00	Called daughter—we're all calmer now. Offered to take her out to dinner.													
6:00														
7:00	Dinner went well; we had a few laughs and I stuck to my diet: tomato sea bass, steamed spinach, and NO potatoes (ouch—that was hard to resist).													
8:00	1 glass of water													
9:00	Brushed teeth early to avoid snacks; turned off TV and read my book.													