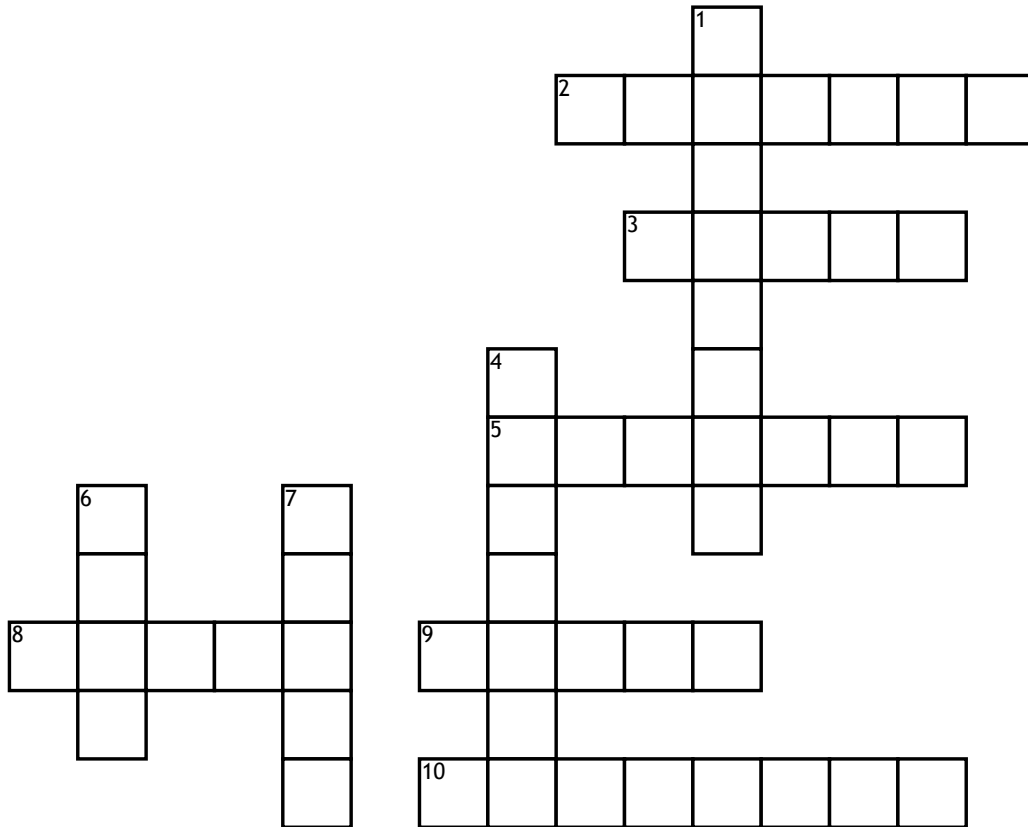


Name: _____

TOPS ENCOURAGEMENT 1



Across

2. DEAR _____, YOU ARE BORED NOT HUNGRY

3. 1 _____ AT A TIME

5. SUCCESS IS THE SUM OF SMALL _____

8. YOUR _____ TO BE ABLE TO SAY I DID IT

9. I WILL NOT GIVE UP. I WILL _____ MY GOAL

Word Bank

TOMORROW EFFORTS STOMACH GOOD REACH
BELIEVE SENSIBLY GOING SUGAR POUND

10. T. O. P. _____

Down

1. YESTERDAY YOU SAID _____ . JUST DO IT!

4. I _____ IN THE PERSON I WANT TO BECOME

6. SEE THE _____ IN EVERYTHING, ESPECIALLY YOU

7. EAT LESS _____