

## **WHEN IS THE PERFECT TIME TO DIET?**

**There is no Perfect Time! Pick the Best Time and Keep Trying!  
Let's look at the year.**

<b>JANUARY</b>	<b>NEW YEARS DAY</b>
<b>FEBRUARY</b>	<b>VALENTINES DAY</b>
<b>MARCH</b>	<b>ST PATRICKS DAY</b>
<b>APRIL</b>	<b>EASTER</b>
<b>MAY</b>	<b>MOTHERS DAY</b>
<b>JUNE</b>	<b>FATHERS DAY</b>
<b>JULY</b>	<b>4<sup>TH</sup> OF JULY</b>
<b>AUGUST</b>	<b>VACATIONS</b>
<b>SEPTEMBER</b>	<b>LABOR DAY</b>
<b>OCTOBER</b>	<b>HALLOWEEN</b>
<b>NOVEMBER</b>	<b>THANKSGIVING</b>
<b>DECEMBER</b>	<b>CHRISTMAS</b>

**EVERY DAY OR WEEK OR MONTH  
BIRTHDAYS, ANNIVERSARIES, PARTIES**

**NO WONDER IT IS DIFFICULT TO STAY ON YOUR DIET.**

**You are NOT a weak person who has no will power if you have to restart your diet. Not only is there no perfect TIME there is no perfect DIETER. Don't give up!! Take your Cambridge 3 or 4 times a day, whether you eat food or not, and start again.**