

Hello parody.

*Hello, it's me.
I've avoided you forever, while consuming calories.
I love donuts, mac and cheese.
They say kale has antioxidants, but I'm anti-leafy greens.*

*Hello, can you save me?
I'm in calisthenics, dreaming 'bout Netflix and Mickey D's.
When I was younger, these jeans —
used to fit me, now my booty's got them boosting at the seams.
There's more circumference to my gut and no gap between my thighs.*

*Hella cravings for some fries.
I did one push-up and then I cried.
And my glutes are shaking every time I lunge.
And this gluten-free bread tastes just like a sponge.*

*Hella pizza late at night.
I keep saying just one more slice.
And I feel so hangry breakfast, dinner, and lunch.
And the ice cream truck is the only reason I run —
anymore.*

*Hello, crossfit fanatic.
I know what you're gonna say: I'll get addicted once I'm at it.
And I know you mean well.
But if you shout at me just one more time, I might commence to snapping.
It's not secret that that Zumba Class is the last thing on my mind.*

*Hello, stationary bike.
That's not sweat, my body's crying.
Emotional scarring, every squat that I've done.
And this veggie smoothie makes me want to throw up.*

*Hello wine and bagel bites
Krispy Kreme gives me life.
And I feel so hangry breakfast, dinner, and lunch.
And the ice cream truck is the only reason I run... anymore.*

Hello parody.

Hello, it's _____.
I've _____ you forever, while _____ calories.
I love _____, mac and cheese.
They say kale has antioxidants, but I'm _____ greens.

consuming	anti-leafy	me	donuts	avoided
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Hello, _____ you save me?
I'm In _____, dreaming 'bout Netflix and Mickey D's.
When I was younger, these _____ —
used to fit me, now my booty's got them _____ at the seams.
There's more circumference to my gut and no gap between my _____.

canca lithenics jeans boosting thighs

Hella **cravings**⁰ for some fries.
I did one **push-up**¹ and then I cried.
And my glutes are **shaking**² every time I **lunge**³.
And this **gluten-free**⁴ bread tastes just like a **sponge**⁵.

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Hella pizza **tale** _____ at night.
I **peek** _____ saying just one more **clesi** _____.
And I feel so **unhrgy** _____ breakfast, dinner, and lunch.
And the ice cream **kurct** _____ is the only reason I run —
anymore.

Hello, _____ fanatic.
I know what you're gonna say: I'll get _____ once I'm at it.
And I know you mean _____.
But if you _____ at me just one more time, I might commence to snapping.
It's not secret that that _____ Class is the last thing on my mind.

Hello, _____ bike.
That's not sweat, my body's _____.
_____ scarring, every squat that I've done.
And this _____ smoothie makes me want to throw up.

Hello wine and _____ bites
Krispy Kreme _____ me life.
And I feel so hangry breakfast, dinner, and lunch.
And the ice cream _____ is the only reason I run... anymore.