

It's that time again!

I lost another 4 pounds. And after finding a .2 pound mistake in my leaders calculations (last week I was down a total of 30.8, not 31) it puts me at 34.8 in 8 weeks. (Had I not found the .2 error, I would be at 35...oh well...there is always next week).

I have also started my "free trial" at 123 Fit. I went through the circuit once with a personal trainer and I thought my legs had turned to Jell-O. You're supposed to go through twice. I go back on Sunday at 11 for another round...

I went to try and get a hip new hair cut. I took in a picture and the gal cutting my hair couldn't speak enough English to understand what I wanted. And instead of saying she didn't understand, she just started cutting. It was NOTHING like I wanted and it was too short to "fix". I was so upset I was in tears on the way home. She was an older lady too, so she probably wasn't up on the "hipper" styles anyway. ARGH! Oh well, I guess all I can do is wait for it to grow back.

Have a great week everyone!

I am The Incredible Shrinking...  
Tracie Sanderlin - The Happy Loser

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