

Happy St. Patty's Day! No corned beef & cabbage for me thanks.

This was another good week! I lost another 2 pounds. I'm down 36.8 pounds in 9 weeks. I'm only .2 pounds away from my first Weight Watchers goal of 10% of my starting weight (37 pounds). When I hit that goal Weight Watchers gives you a key chain. Then when you hit other goals through your journey, they give you charms to go on that keychain. I WANT THAT KEY CHAIN.

I want to thank my sponsors Bob & Pat Brown for the 1 year membership to 123 Fitness. Exercise is important and they have such a great circuit. I went Thursday for my last trial workout at 7pm and it was such a rush that I still felt my blood pumping at 10pm. I warned Craig already that I want to get up early and go work out then come back and take my shower. He's not too happy cause he doesn't want to hear the alarm go off at 5:15 in the morning. Oh well...he'll like it when he has a hot skinny wife. HE HE

I also have a poem I want to share with you. I wrote this almost 5 years ago. I have only shown a few people until recently. I couldn't sleep one night, it was about 2am and I took a pad of paper and locked myself in the bathroom and wrote this in about 10 or 15 minutes. I was then able to fall right to sleep. I read it in my Weight Watchers class today and many people wanted a copy of it, so I decided to share it with all of you too. (You will need Adobe Reader to open it. If you do not have it, click here to download it <http://www.adobe.com/products/acrobat/readstep2.html>)

I have also added a page to my website with it.

Last good thing...Craig has lost an incredible 40 pounds in the past 9 weeks too. Yippee!

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

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