

Well...I don't know what happened this week. I'm VERY upset.

I stayed the same. I didn't lose, but then again, I didn't gain. Why am I so upset? Well, because I have been better this week than ANY other week these past 10 weeks. I worked out at the gym Sunday, Wednesday & TWICE on Friday. I walked at lunch on Tuesday & Wednesday. I walked at home on Thursday evening. I only drank one soda, a diet sprite, since last Sunday. I watched what I ate like a hawk. I never went over my Points. I didn't eat salty foods like pretzels or popcorn either! I'm so FRUSTRATED!!! (I cried all the way home....tears of frustration)

Everyone keeps saying "it's ok", "don't give up". I'm not giving up. I don't plan on EVER giving up, but I am entitled to feel this way. It would be different if I had sit on my butt all week and didn't lose any weight. But I have been moving! Lots of Cardio! Cardio burns fat! I haven't done a lot of "muscle building" exercises...mainly cardio.

Today is our wedding anniversary. We are going to take Alex to a friends house and go to movie & dinner. Maybe that will take my mind off how lousy I feel. I hope so.

I'm still only .2 pounds away from that blasted 10% & that key chain. I thought for sure I would be able to get it this week.

And to my motivators for these 5 pounds...I need you more than ever this week. PLEASE help me get through them. You know who you are.

Here's to hoping for a good week.

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

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