

What a difference a week makes!

To quote my son Alex, "I did it!"

Not only did I lose the .2 pounds to get to my 10% goal, I lost

Drum roll please

5.6 pounds!

That makes my total loss 42.4 pounds! And I GOT MY KEYCHAIN! YEAH ME!

I have been getting up every M W F morning at 5:30 and working out at 123 Fit. I'm still walking on Tuesdays & Thursdays at lunch too. If you see me while you're driving down Olive, give a honk! I probably won't see you cause I'm usually pretty focused on my music.

I have also added a new page to my website. I am going to do a recipe of the week. Here's a shortcut to the page:

<http://sponsormyweightloss.com/id18.html>

You can also submit a recipe to me too.

Don't forget to check out my blog every now and again.

<http://sponsormyweightloss.com/blog>

You can read my thoughts and post some of your own!

I've gone down from a size 36 pants to a size 30. Yeah me!

This Thursday is time to take the next picture (12 weeks) so once it's posted, I will send you all a notice so you can take a peek.

Hope ya'll have a great week!

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

<http://www.sponsormyweightloss.com>
<http://www.sponsormyweightloss.com/blog>

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