

Hello to all my sponsors, friends, family & generally interested people!

I had another fantastic week!

I lost...get this...5.8 pounds this week! WHOO HOO!!

Ok, pop quiz...how much does that make in 16 weeks?

OK, OK...I can hear Renee now "I was assuming there would be no math involved." 56.8 pounds in 16 weeks!

Can you picture me doin' the happy dance?

Craig, Alex & I went took Metrolink into Clayton today to go to Adler's Jewelers to look for a ring for me for Mother's day. Well, the metrolink stop was about 3 1/2 blocks from the jewelers. We walked to and from the station no problem! Wasn't even winded! That's huge!

I have a new recipe of the week.

Baked Potato Skins with Creamy Spinach & Turkey Bacon

Check it out: <http://www.sponsormyweightloss.com/id18.html>

Everyone have a great weekend. Enjoy the beautiful weather (if you're here in St. Louis).

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

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

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