

Hello all! I want to take a few minutes to say HAPPY FATHER'S DAY not only to all the dads and grandpa's...but to all the important men in my life and yours.

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## RESULTS ARE IN

I only lost .2 pounds this week. That puts me at 300.4 ... I'm not bothered by it though. That's still a loss of 72 pounds! No matter how you look at it, that's A LOT of weight!

I woke up and could tell I was retaining water. That just means a bigger lost next week! I didn't gain this weight overnight (although it feels like it)...so I can't expect to lose it overnight.

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## RADIO INTERVIEW

Remember me talking about my interview on KMOX-AM? Well, it's getting close! It's a week from tomorrow (6/24). If you want me to send you a reminder email on Friday afternoon, let me know. I'm trying to not spam your email. I want you to read my emails when they come. I'm hoping to get a copy of the interview on CD so I can upload it to the site so you can all hear it.

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## RECIPE OF THE WEEK

I have a great side dish you can make on the grill when your making your chicken, fish, beef or pork...

## GRILLED NEW POTATOES

<http://www.sponsormyweightloss.com/recipeoftheweek.html>

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If your sponsorship week(s) haven't arrived yet and you're stump with what to do. Here are some ideas that people have done already:

Low fat cookbooks & recipes

Walking with me during lunch (all though it's been getting a bit hot ...

I've been sticking to the gym lately)

Awesome exercise music.

Inspirational "Thought of the Day" email about weight loss (these are really helpful!)

Giving up soda (diet or regular) during the time it takes me to lose the 5 pounds (this is great because it helps us both!)

Pay for my Weight Watchers meetings for the weeks it takes to lose the weight. (Link on my main page to paypal site)

Gift certificate to get new clothes (all my clothes are so big & baggy!)

Gift certs for manicures/pedicures

Dinner gift certs for our once a month "naughty" day.

But hey...I'm open to ANYTHING...except maybe bungy jumping or sky diving...at least at this point...maybe when I get closer to goal!

But just shooting me over a "how ya doin' today" email is great too. You don't have to spend a dime...that's not what I'm in it for. Just knowing someone is there to "have my back" is totally awesome!

Thanks everyone. I appreciate all of you. I don't think I could have gotten this ar this fast without you all.

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Let's all 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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