

I had an amazing week this week! I went into weigh in today thinking I had lost about 2 pounds...I was very happy with that too...then I stepped on the scale and I lost 5.4 pounds! That puts me down 85.4 pounds in just 26 short weeks...That's just 6 months! Originally one of my goals was 100 pounds by Christmas. Now it's 100 pounds by Labor Day!

I got right back into the game last week. I did great with journaling, drinking my water & I went to the gym Sunday, Monday, Wednesday & Friday. I also walked at lunch on Thursday with my sponsor Marc.

According to my Excel Spreadsheet (ok, I'm a bit obsessed) I am losing an average of 3.28 pounds a week and at this rate, should be at my goal weight of 150 pounds by 4/30/08.

Recipe(s) of the week

I have two this week. One is a great recipe for entertaining in this hot summer weather - Guilt Free Pina Colada Freeze. The other is a lighted up version of everyone's favorite family gathering staple - Hashbrown Casserole.

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

Here's to another great week! Have a good one everyone!

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

"There is one quality that one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it."
- Napoleon Hill

<http://www.sponsormyweightloss.com>
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