

Don't have much time to write today. We're off to Raging Rivers in Grafton. I'm excited. It's a beautiful day and Alex loves the water!

I had an OK week this week. I wasn't real "Gung-Ho" about the diet. I did slip up a little bit, but not bad. I did get in all my exercise. I even upped my weights by 10 pounds on all the machines. Man did THAT make my muscles burn!

I did lose 2.6 pounds this week! I was totally surprised! That makes 88 pounds total. Thanks to everyone for all the support thus far!!

Please feel free to tell your friends about me. The more people that know about me the better!

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Recipe of the week:

I have two recipes this week again. They are great ones for all that fresh produce everyone's gardens are dishing out that you can do on the grill.

The first is EASY "BAKED" TOMATOES. The second is ZESTY GRILLED VEGGIES.

ENJOY!

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

Well, off to Raging Rivers!

Have a great week 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>  
<http://www.sponsormyweightloss.com/blog>

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