

Hi everyone! I can't believe it's the end of July already! Summer is almost over. School is about to begin. Missouri has their tax free weekend next weekend and I'm really hoping to have some extra \$ (yeah right) to get out and get me some new clothes. I saw my reflection in the window at Weight Watchers this morning and my shorts looked like a skirt. I need to get some new shorts big time because I wear them well into fall & winter. I know, I'm a nut case!

WEIGH IN

Well, I had a feeling this week was going to be a low week after having 3 weeks of larger losses. I lost .4 this week. That's still 1/2 pound. That's 2 sticks of butter. So that makes the total weight loss 88.4 pounds in 28 weeks.

ONLINE SUPPORT GROUP

Don't forget to check out the Yahoo! Group I created. You are all welcome to join. It's small now, but the people that are there are so supportive. Everyone is welcome!

<http://groups.yahoo.com/group/StLouisAreaWeightWatchers/>

RECIPE OF THE WEEK

I haven't tried this one yet, I got the recipe from Weight Watchers Online. If you try it out before I do, let me know what you think. I'm not a big fan of spicy, but I like the flavor, so I'll probably cut back on some of the spice.

GRILLED CITRUS CHICKEN WITH CHILI RUBBED CORN

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

I'm really hoping to hit the 90 pound mark next week. I need all the support I can get. If you are my sponsors for pounds 85-90, keep me motivated! (everyone else is welcome to kick me in the butt too).

I really slacked off on the exercise last week. I only went to the gym once. I got there this morning after weigh in and it made me feel so

good!

Craig has to work a lot of hours this next week. He'll be working late almost every day, so I won't get to the gym in the evening. I'll have to get up early and get in my work out before leaving for work. I actually like that better because it kicks my metabolism into gear for the rest of the day. I seem to lose more weight that way.

Well, I'm off. I am going to take Alex somewhere so Craig can get his work done without interruption. I'm thinking of taking him to Monkey Joes or to the swimming pool...we have hit the pool many times this summer, so I'm leaning towards Monkey Joes. (Monkey Joes is a big indoor playground with all the large bouncy house slides, climbing walls & obstacle courses. That will be a very big victory for me because at 372 pounds, I would have popped the thing! LOL. I'm hoping someone there can take a couple pictures so I can add it to my website for you all to see.

Everyone have a great week!

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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