

Morning all. How has everyone been this week? It sure is a hot one in St. Louis this week! Makes it hard to want to get out and do ANY activity. I was sweating more from walking from the gym to my car than I was while doing my work out! BLECH!

Craig has been doing A LOT of extra work both at his full-time job (salary - no extra money) and his side job (EXTRA MONEY!) I hope he'll be able to take a break soon!

This is tax free weekend in MO and I was hoping to go find some clothes. Well, we don't have the money this week (bummer) BUT...my best girlfriend (and Pseudo-Sister) found a GOLDMINE of clothes at a garage sale! I got lots of 4 pairs of jeans, 1 pair of fleese pants, 4 pairs of crop/capri pants & a 2 dresses (yes...dresses!). All for \$17!!! On top of the clothes that one of my sponsors (Thanks Robin!) gave me that she has shrunk out of...I think I'm set. Although some of the clothes today I can technically "fit in" but I can't sit down in them...yet!

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#### WEIGH IN

I did ok today at weigh in. I lost 1.4 pounds this week. That makes a grand total of 89.8 pounds in 29 weeks. I'm so close to 90 I can taste it!

According to my spreadsheet, I'm losing an average of 3.10 pounds a week and, at this rate, should be at goal around 5/28/08.

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#### I'M A LOSER

I made a t-shirt to wear around town that has my before picture & my website on the back. Thanks to Emmanuel for designing the front!

You can see pictures of it here:

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

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#### RECIPE OF THE WEEK

Well, my recipe this week will probably have to wait for most of you because you probably won't want to kick your oven on, but they sure sound good!

#### CINNAMON APPLE CREPES

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

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Let's have another good week! Thanks again to everyone for all your support.

Don't forget my online support group. You are all welcome to join!

You can join by going to the link below.

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

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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