

Hi all! Well, another week gone...it's been 30 weeks and all is well. Before we get to the weigh-in, let me tell you about a little NSV (Non Scale Victory I had yesterday).

Craig has been working a lot of overtime lately and we weren't able to go to Six Flags last week like we had planned, so we both took Friday off work and spent the day with Alex at Six Flags. We all had a WONDERFUL day. Believe it or not, there weren't many people there. The lines were short. They were giving out plenty of free water. And best of all...I tried a roller coaster. I have ALWAYS wanted to ride it. I asked the kids behind me to take my picture if I fit. Well...it took 2 people to push the lap bar down enough to clip the belt...I fit!!! I Road!!! I'M AWESOME! Woo Hoo! The kid took my picture, I hope it took cause it's so dark in there.

We got to the park at 10:30am and left at 7:30pm. They gave out free pop-tarts as you left the park and Alex was so tired, he fell asleep with about two bites left in his hand (it's huge that he ate the pop-tart 'cause getting him to eat ANYTHING new is a HUGE step for him - and us). I wore my "Big Loser" T-Shirt @ got lots of looks & double takes...they would look at the shirt, then look at me, then look at the shirt. LOL.

We're doing a little mini-vacation next weekend. We're going to spend the weekend in Alton, IL and spend Sat & Sun at Raging Rivers. Should be a fun way to end our summer. Alex will have to have a tube re-inserted so we're getting in all our swimming fun before the surgery.

WEIGH IN

It's official! I lost 1 pound this week putting me at 90.8! I started this journey at 372.4 and I now weigh 281.6.

WOO HOO!!!

RECIPE OF THE WEEK

I made this recipe last week and it was AWESOME.

PARMESAN GARLIC PORK CHOPS

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

Every one have a great week! I'm looking forward to another great loss

this week.

Recipe of the 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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