

I'm early this week because a lot has happened in the past 24 hours.

I found out they are having open auditions for NBC's The Biggest Loser in Memphis, TN this weekend and talked to my boss at work and he said it would be ok. So we're going to head down to Memphis tomorrow night & I'm going to weigh in line (pun intended) to get my face to face meeting with the selection committee. I'm nervous & excited all at the same time. I wonder how many calories I burn from my stomach doing flip-flops.

So anyway...

I weighed in at lunch today (before I ate) instead of on my normal Saturday since I'll be sweatin' in line with all the Elvis Look-a-likes.

I lost 3.6 pounds so far this week. That puts me down 94.4 pounds. Had I waited until Saturday to weigh-in, I'm SURE I would be down 95 pounds...but that's ok!

I don't have a recipe of the week this week. It's too hot to cook anyway. So go out and enjoy a nice air conditioned restaurant and let someone else wait on you for a change.

Wish me luck & pray for me. But don't pray for me to get on the show. Just pray for me to be happy with whatever God has planned for me. If I make it - great! If I don't...oh well! I have all of you behind me supporting me 110%.

I'll send out another email Saturday Night and let you know how it went. I'll take my camera too.

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

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