

Hi all! Well, I'm finally coming down off my high from last weekend. I got an email from someone that I met down at the auditions and he and his mom (they auditioned as a team) have made it to the second to last round of call backs. They will find out early in September if they will fly them out to LA for the final audition. It would be cool if I knew someone on the show.

So - we went to Memphis - we enjoyed ourselves. Ate well, but didn't over do it. I got on the scale today and DING DING DING ... I lost 3.2 pounds! I'm down 97.6 pounds in 32 weeks! I'm this close > < to 100 pounds gone!

NEW PICTURES!

I have my update pictures posted! Here ya go!

Close-up: <http://www.sponsormyweightloss.com>

Front/Side: <http://www.sponsormyweightloss.com/weightlossphotos2.html>

Pic of me at Biggest Loser auditions (scroll to bottom of page):

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

ANOTHER RADIO PLUG FOR TRACIE

Monica Adams from KMOX gave me applause on her show on 8/12 for being able to fit into that roller coaster 2 weeks ago! Take a listen - scroll to bottom and click on the KMOX link from 8/12.

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

NEED SUPPORT?

Feel free to join my online support group! You don't have to be from St. Louis...come on down!

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

RECIPE OF THE WEEK

It's a quick yummy weekday breakfast!

ENGLISH MUFFING FRENCH TOAST

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

Hope you all have a great weekend! It may still be possible for me to hit my 100 pounds down by Labor Day (I would need to lose 2.4 pounds this week), but I'm not going to push it.

I'm off to take care of a 3 year old's melt down...ah the benefits of motherhood. :)

Love you all!

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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