

Hi everyone! I hope you are all enjoying this wonderful weather we are having...at least here in St. Louis. We took Alex out today. We were going to go to the Zoo & the St. Louis Hot Air Balloon Race today, but he decided to fall asleep after we had lunch so we just went to the 50th Anniversary festival for Sunset Hills, MO. Alex got to play in the big inflatables, ride a pony, get his face (well...hand) painted & got a really cool Lightning McQueen (from Cars) balloon twisted for him. They were also playing some really good 50's music so Alex and I did some dancing too.

OK, OK...I'll get to the topic at hand....remember I had that nasty 2 pound gain last week? Well, I lost those 2 pounds...and he took 3.4 of his friends with him! I lost 5.4 pounds this week putting me down (drum roll please) 101.4 pounds in 35 weeks! I knew I would be excited when I hit the 100 pound mark, but I didn't think I would be on a high like this! I'm FLOATING! I put my 101 charms on my necklace and it looks so great!

I so love my Weight Watchers meeting group. We're like one big family. One of the members (who I actually went to high school with...small world) went out of her way to make sure she was there to see me hit this mark this week. You have no idea how special that makes me feel. And I feel the same way about making sure I'm there next Saturday for another member who should hit her lifetime membership next week. She's lost over 100 pounds and looks fantastic! She's even raiding her daughters closet for clothes now! That's just so inspirational!

Get this! You wanna know how I knew I was going to hit my mark today? Well, remember how I told you about God putting signs there for you? Well, I was in the car on my way to weigh in...as always, I was listening to the Arch (106.5) and all they started playing Kool & The Gang's "Celebrate". It was like getting a hug from my mom! I started crying. It was so great.

I had a great little chat with my dad too. He hugged me today and I asked if he could wrap his arms around me yet. He said, "yeah! and I can grab my wrists" and he gave me big ole squeeze! It was great.

I've been exercising more this week and I feel so much better (but a little more sore). I got back to 123 Fit this week & I went walking twice this week too since it's been so nice out.

I have also started writing my book. I'm hoping it will be inspirational to others who need to lose any amount of weight. I'm going to put pictures & recipes from along my journey as well.

I have some new pictures on my website. After every 50 pounds, I'm going to post new pictures of me with my "Jared Pants" so you can watch me shrink. You can check them out here:

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

I also added a chat feature to my website. It's free & always available, even if I'm not there. I should be available most evenings between 9p & 10p Central Time...but check anytime, because you never know who might be there chatting. When you go to my website, it will smack you in the face, so you can't miss it!

I have a super easy and VERY tasty recipe this week.

Pumpkin Spice Muffins

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

Sorry to be so long winded. I think that's about it for this week.

Thanks to everyone for all your support and encouragement this far and for what I know you will continue to give for the rest of my journey.

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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