

Hi gang! September is almost over and my favorite time of the year is here. I love autumn. It's been cool enough for me to start back up with my walking at lunch time.

Keeping true to my weight loss schedule, I had a somewhat smaller loss (for me anyway) But I'm EXCITED that it's a loss! I'm down another 1.4 pounds. That puts me down 106.4. Now, if my past 8 months of weight loss has taught me anything about myself...this week with either be a tiny tiny loss...or maybe even a slight gain. But that's the way my body works. So I will just stick with my plan and keep on keepin' on. That just means that the following week will be a big one again and so the cycle will continue.

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## VIDEO CONTEST

Don't forget about the video contest. It's going great...but I need more views! Keep telling all your friends about it.

[http://www.sponsormyweightloss.com/video\\_diary.html](http://www.sponsormyweightloss.com/video_diary.html)

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## WEEKLY CHAT

I have a weekly chat on my website every Wednesday from 8pm - 10pm Central Time. Everyone is welcome to come chat about anything on your mind, but we mainly chat about things involved with our weight loss journey. Or you can just log in to say "Hi".

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

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## RECIPE OF THE WEEK

Crockpot Southwest Chicken

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

I have not personally tried this, but received it from one of my WW friends from Michigan and she raves about it.

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## INCHES KEEP FALLING OFF

Oh! Guess what! I went to Wal-Mart today (sorry dad) and tried on a pair of pants just to see what size I might be (I'm dropping inches all of a

sudden)...well, they were Lee kahki colored denim pants WITHOUT elastic. They were a size 26W because that was the biggest size they had...and they fit! I didn't buy them tho. I didn't have the money, but that's ok! I did take a size 24W in to see if it fit, not yet.

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## BIGGEST LOSER NEWS

I uploaded my pictures to the Biggest Loser website on NBC. You can see it here: <http://tinyurl.com/2m92sv>

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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

<http://www.sponsormyweightloss.com>

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