

Welcome to October...the changing leaves, football, 90 degree temperatures...WHAT'S WITH THAT? Good thing the warm days are holding out...for me anyway...cause I don't have any cold weather clothes that fit me.

Well, I had an ok week this week. I was trying to fend off the bottomless pit I had in my stomach for a couple of days...let me tell you, I filled it with more than my fair share of pixie sticks...NO MORE!

As I told you all last week, this is the week I normally stay the same or even gain a little, so I was very happy that I lost .4 pounds this week. That puts me at 256.4 pounds. In 38 weeks, I'm down 107 pounds. It really boggles my mind at how fast I got here. Once you make that mental commitment, it's all down hill...although I do hit some stop signs now and then.

EXTREME MAKEOVER - TRACIE EDITION

Custom Cuts sponsored pounds 96-100 and they graciously gave me a make-over! I was pampered today. We had a great time and it turned out great! (As it always does when I'm in the skilled hands of Courtney @ Southroads.)

You'll see photos of my adventure in my Week 3 Video.

VIDEO CONTEST

Well - my first video was chosen to be featured on Diet.com (along with 3 others) this week. I'm so excited! That's such a great first step for me to win this thing!

I filmed my Week 2 video and it's ready for viewing.

Please stop by and watch/rate it and forward on to all your friends.

<http://www.youtube.com/watch?v=3UuxgwFt1zg>

RECIPE OF THE WEEK

I haven't tried this recipe yet, but it sure sounds good. Let me know if any of you decide to try it before I do.

CRUSTED HONEY MUSTARD CHICKEN

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

We are walking in the Autism Speaks walk on Saturday, so I will be weighing in early this week. I'll let you all know how it goes.

I hope everyone has a great 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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