

Hi gang! Wow, what a week! I have so much to tell you all.

First things first. I lost 3.2 pounds this week. YIPPEE! That puts me down 110.2 pounds in 39 weeks. Not quite the 1/2 way mark of 111 pounds, but pretty darn close! Plus, I weighed in a day earlier than normal because we're walking in the Autism Speaks walk tomorrow morning.

Video Contest

Thanks to everyone for helping me with the DIET.COM video contest! So far I'm in first place...by alot...because of all of you. They chose me as a "featured video" again for the second week.

If you haven't gotten a chance to view them yet, you can watch them here:

Week 1:

Week 2:

I will be putting up week 3 over the weekend and will email you when it's ready to go.

Tracie in the news

I'm going to be interviewed by Christine Buck on Monday, October 15th about my weight loss program. I'm so excited! So everyone who lives in the St. Louis area, set your Tivos, Moxis and assorted DVRs to record KPLR WB11's 9pm news (or watch it live of course) on Monday. I'll see if I can get a link of it put on the website for those of you around the country.

Recipe of the Week

It's fall now and the leaves are changing. The kids are gearing up for halloween and that means PUMPKIN! I LOVE pumpkin and it's considered a "super food". It's high in Beta Carotene and very high in fiber along with all the healthy vitamins & nutrients. (No, I don't work for the pumpkin council) I love this recipe. I have made it MANY times. It's just like a pumpkin pie, but without the guilt!

PUMPKIN PUDDING

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

Enjoy!

Everyone have a fantastic week. I'll send you all the link for the new video once it's up.

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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