

Can you believe this October weather? We went out on the boat today for Alex's first trip on the Mississippi. We all had a ball!

I had another great week this week. I'm down another 2.4 pounds. This makes a total of 112.6 pounds in 40 weeks. SWEET!

VIDEO CONTEST

My NEW video is up and ready for viewing (and RATING). You can view it and my other 3 videos here:

http://www.sponsormyweightloss.com/video_diary.html

View early ... View Often! And pass it on to your friends!

WEEKLY CHAT

Another reminder about my weekly chat. Every Wednesday evening between 8pm & 10pm Central Time, my fellow "journiers" get together and discuss anything and everything related to our weight loss journies. Feel free to stop by! Here is the link: <http://www.sponsormyweightloss.com/chat.html>

RECIPE OF THE WEEK

Remember that glass trifle bowl you got when you got married? Well, dig it out of the cabinet, I have a recipe for you!

EASY RASPBERRY TRIFLE

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

I'm going to have to put everything I learned into action this week. My birthday is on the 24th and this will be the first time I celebrate without gorging myself. Wish me luck!

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>

<http://www.sponsormyweightloss.com/blog>

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