

Hi gang! I hope you all had a Happy Halloween! Alex was so cute as Buzz Lightyear. He sure made a haul in the candy, but we only kept a very tiny bit and sent the rest off to Craig's work.

I started getting sick on Tuesday night, then with a nice cool night of Trick-or-Treating on Wednesday, I woke up full of gunk in my head and I've been fighting it ever since...so needless to say, I haven't been to the gym much this week. I am feeling much better today (but now Craig has it...I guess Alex is next).

After fighting a week of the monthly munchie monster and about 2 pounds go gunk in my head, I was actually up .4 pounds this week. I expected A LOT more, so I'm actually very pleased with such a small number. I'm following my weight loss schedule almost to a T. Next week should be a humdinger!

\*\*\*\*\*

#### WEEK 6 VIDEO

I haven't gotten it finished yet, so I'll be sending you a link soon.

\*\*\*\*\*

#### RECIPE OF THE WEEK

It was such a busy week and with me not feeling well, I didn't have time to get you all a recipe.

\*\*\*\*\*

Everyone have a great week and I'll be sending you my week 6 video soon.

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>

\*\*To be removed from future emails & updates, please reply to this email with REMOVE in the subject line.\*\*