

Hey gang! I am feeling so much better! I finally can breath and don't have a ton of drainage anymore.

Even without going to the gym for a week (cause I couldn't breath) I lost....drum roll.....4 POUNDS! I'm down 117.8 pounds in 43 weeks.

WEEK 7 VIDEO UPLOADED

My week 7 video is up and ready for viewing.

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

Don't forget to rate it!!

I only have 1 more week left in the challenge.

Here is my question to all of you...should I continue my weekly videos even if there isn't a contest? I was thinking of continuing a weekly video blog and give tips/tricks and recipes. Would you watch them?

TRACIE'S KITCHEN

My mom always teased me as a kid. I would prentend I was Julia Child and cook in front of fake cameras. She always said I was playing "Tracie's Kitchen." Well, thanks to Youtube.com, the first cooking episode of Tracie's Kitchen is available for viewing.

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

RECIPE OF THE WEEK

I haven't tried this recipe yet, but all the gals on my weight loss board say it's awesome!

DIET COKE SLOPPY JOES

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

COUNTDOWN TO KPLR INTERVIEW

T Minus 16 days and counting!

If you live in the St. Louis area, don't forget to watch my interview on KPLR CW11. It is scheduled to air on Tuesday, Nov 27th at 9pm. I can't wait!!!

I better get to bed. It's 1am and I have a house full of people coming over for a jewelry party.

Everyone have a great week! I look forward to hearing your opinion on continuing my weekly video updates after the contest is over.

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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