

Hi gang! How are you all doing? You keeping warm? I'm having a hard time keeping warm lately...probably because I'm losing all my blubber.

I am very happy with my loss this week. I'm down .4 this week. I have followed along my normal weight loss cycle of 2 big losses followed by 2 smaller losses.

Next week should be a nice one!

DIET.COM WEIGHT LOSS CHALLENGE

Of course my big news this week was winning Diet.Com's first Online Weight Loss Challenge. Yes, I really win \$2,500! I can't believe it! It's like hitting the lottery. I love making the videos. It's just kinda hard with when I don't have a topic...so, if you guys have any suggestions on topics or there are any questions you have - please email me and maybe I can cover it in a video!

Diet.com will be having another contest in January and they said I will be eligible to compete again! YIPPEE!! I'm going to try and get a better video editing software program ... there are some things I wish I could do with mine, but can't.

MEDIA COVERAGE CONTINUES!

Guess what! Diet.com sent out a press release and FOX 2 KTVI picked up on it! I am going to be interviewed, LIVE, on Friday, December 2nd at about 8:20am. I'm so excited! Set your Tivo, Moxi or other assorted recording devices to record from 8a-9a! If/when they put it on their website, I'll put a link on mine for all of you 'out-of-town'ers.

RECIPE OF THE WEEK

I made a cake for a co-workers birthday and I think it turned out pretty good for being on program! It's not your typical carrot cake, but it's good in it's own right.

CARROT CAKE WITH CREAM CHEESE FROSTING

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

I really am feeling like a new person. I love this journey. It's taking me in directions I never even DREAMED I would go. I can't wait to see where I go next. I would LOVE to go on the Rachael Ray show. It's her show that gave me the inspiration for my weight loss and would LOVE to thank her in person. I have asked some of the people that have told me that I inspire them to write to her and tell her about me. If you would like to help me, let me know and I can give you the email address too.

I'm having girls night at the Blues game tonight. I'm so excited! The seats are great and they come with food & drink too! I have allowed myself quite a few points for some fun food!

Oh yeah..and GO MIZZOU!!!!!!!!!!!!!!

Have a great week everyone! I will send out a reminder about the interview on Thursday so you can set your recorders!

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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