

Hello everybody! I hope you are all keeping warm and dry. Lots of nasty weather going on around the country.

It's been a very exciting week for me as you all know. Between the interview on KTVI, my office Christmas Party & my girls luncheon...I was busy busy!

I did have a GREAT weigh in this week. I am down another 3.4 pounds this weeks. That puts me at 244.6 pounds. Making my total loss over the past 47 weeks, 127.8 pounds! WOOO HOOO!

I want to give my husband some kudos. I have focused so much about my weight loss in all these updates, that I haven't given Craig his dues. He has lost over 105 pounds as well! He's smaller now then when I met him 7 1/2 years ago.

NEW PICTURES

I have some new pictures up if you would like to take a peek.

Diet.com winnings & Turec Christmas Party:
<http://www.sponsormyweightloss.com/photos.html>

Family Photo of us at the KTVI Winter Wonderland party - look at Craig!!
<http://www.sponsormyweightloss.com/familyphotos1.html>

RECIPE OF THE WEEK

CHOCOLATE BUTTERSCOTCH TRIFLE

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

Everyone have a great week! I have my office Christmas lunch this week and it's at one of my favorite restaurants. That will be my challenge this week.

Please forward to your friends & family and get the word out!

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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