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Essential SP – Minimalist SP

Friday, July 19, 2013

I love to begin my day here.

Yet sometimes life intervenes and others things take precedence. Recently my photo project limited my time on SP.

I wasn't able to read everything I wanted to. I couldn't check in with groups to see what was going on.

Occasionally I posted a blog, but only now am I able to read the comments.

How to spend my limited time? What MUST I do?

The food tracker! It reminds me to keep my calories in check. I'm capable of overeating even healthy food.

I can skip the fitness tracker. I LIKE to be active, but I do miss getting the points.

However, I do want to record my miles in the Master Runners team goals and also in the Virtual Walk/Run across the USA group (still trekking across KY). Both are cool measures of progress and a nice incentive.

When I take a cross country road trip, I need some direction and destination. In the old days that meant a map and maybe some guidebooks. Occasionally I would just wander and see where the road went. Sometimes that worked out well and sometimes it meant getting lost. Oops, back to the map.

My SP journey is like that. It's my GPS to success.

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Member Comments About This Blog Post



MARYJEANSL

Sounds like you are doing well with the essentials. Keep on sparkin' (and don't worry about getting behind. It's not a contest. ;-))
2885 days ago



KIMBERLY_Y

Great observation! Love the new line, "GPS to success." So true!
2885 days ago





KELLIEBEAN

I also enjoy starting my day here. I really missed it on vacation!



Life has to be balanced!
2885 days ago



CD14034154

There just aren't enough hours in a day for me!!! I have so many things to do, during the day, just to keep up with self. It's sometimes feels like a chore, but God blesses me everyday, to get done, what He wants me to get done, and I'm never dissatisfied!!!



Be blessed,

- Nancy Jean -
2886 days ago



BOILHAM

I hear you. I'm probably a minimalist SPer. I check in every day, spin the wheel and post a status update , usually about how far I ran today, or how my marathon training is going. I read a couple of blogs, if I have feel like it, or maybe none.



I might not be as good a sparkfriend as others are to me, 'cuz it sometimes seems I get more answers to my blogs than I hand comments out to others' blogs. So far, no one has yelled "slacker" at me though. :)
Here's my blog answer for today, now I gotta run, I have other things to do.



2886 days ago



CD13834395

Getting everything in every day is hard!! Glad you posted a Blog!
2886 days ago



LINDAKAY228

I know what you mean. Sometimes I don't get the time to do what I want to do on here either. I'm also walking across the USA on that team. I'm a little less that halfway through Montana right now, then 2 states after that to finish my second trip across country on that team. It's fun to do.
2886 days ago



SUNSET09

Blog when you can and remember, you have friends here who enjoy hearing from you. Keep



up the good work!
2886 days ago



DESERTJULZ

I love your statement "GPS to success" ! Wonderful alliteration/semi-rhyme. :D



Virtual walk across the USA sounds like something I would love tracking!
2887 days ago



MISCHAKEO

I like the GPS to success. I begin my day with Spark..but like you if things get busy I don't keep up.



Good for you realizing that you can adapt Spark as needed!
2887 days ago



SUZYMOBILE

I start my online day at MyHackerDiet.com, recording my weight to keep a running average. Then my next stop is SparkPeople, to record weight and fill in the food tracker. After that, I tend to catch up during the day or on the weekends any more!
2887 days ago



CELIAMINER

And I like that you begin your day here.



Thanks for the reminder that it's healthy to limit online time. I set that as an intention for today and then totally blew it off.
2887 days ago



SLENDERELLA61

Great concept of choosing the most essential parts of SparkPeople. I love it all, but it does take time and I tend to sit when I do it, which isn't good to do too much. Good blog. Good sense. Best wishes for continued success!!
2887 days ago





WILSONWR

I know what you mean about the food tracker - it's hard to out-exercise a bad diet.
2887 days ago



LEWILL1982

Excellent points, well said!
2887 days ago



LINDA

Right on! Love that comparison!
For my success, keeping track of both fitness and nutrition are important because using both illustrates very well whether you are burning enough calories to maintain or lose. They work great in tandem and those charts over time show clearly how you are doing with long term calories versus exercise. I too, check in with Sparks first thing in the morning before my life becomes a zoo. Its my 'me time'
Keep up the great work!
2887 days ago



NELLJONES

You can get the fitness points with the Quick Tracker: number of minutes and what it was.
2887 days ago



NANA2PRINCESSES

Great blog. Finding time to do everything I want to do on SP a particular challenge, due to my slow internet speed. Have to pick and choose, and don't always get it all done.
2887 days ago



TORTOISE110

I am still pretty involved in Spark and it does take time. I think it's a great idea to think about what parts of it really work and are important to our lives while we work on other things that are important. Thanks for sharing your insights. It's a good maintenance topic as well.
2887 days ago



COCK-ROBIN

You can do it!
2887 days ago



BELLACUDDLES

Great visual!!
2887 days ago



CHERALA

Ohmygosh... thank you for the inspiration!
... "My SP journey is like that. It's my GPS to success." ...



2887 days ago



NANNABLACK

Well Done!
2887 days ago



POINDEXTRA

Love that "GPS to Success" too! What is the virtual run/walk across the US? That's something I could get interested in.
2887 days ago



CD12146214

I like that "GPS to success"! I feel the same way as I always start my day here at SP just checking things out, seeing how my virtual warrior friends are doing!



Have a great weekend.

We have another severe humidex advisory warning here in Ontario so things may be a little slow for me on the workout front today!
2887 days ago

CHANGINGHORSES

SPARK ON! Trying to balance it all is tough some days!





I
SP

2887 days ago

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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.