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Essential SP – Minimalist SP

my SPARKPEOPLE®

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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More Blogs by **BROOKLYN BORN**

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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!

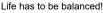






KELLIEBEAN

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



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



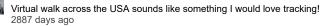






I love your statement "GPS to success"! Wonderful alliteration/semi-rhyme. :D







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.

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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.

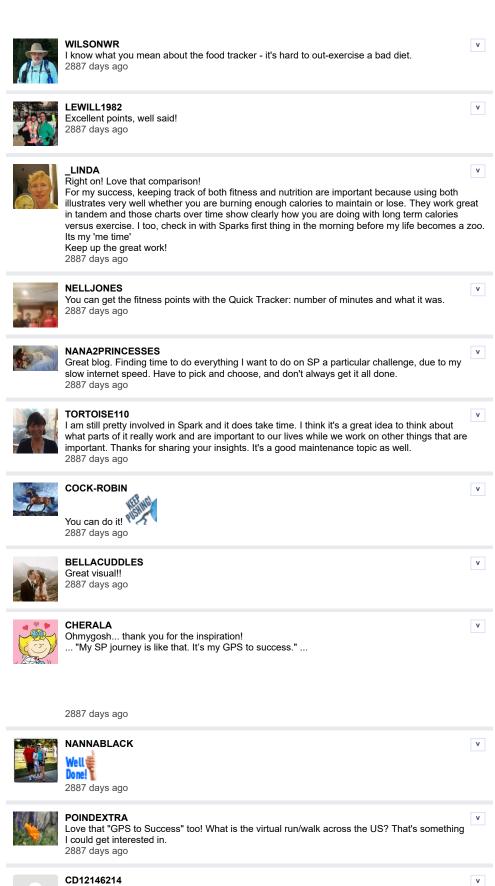
2887 days ago



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





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!

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ave encouragement, a question, or anything else relevant to this post. All blog comments must abide by arkPeople's Community Guidelines.			
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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.