

Adding work-out time isn't hard for me. I like doing that. I've been "fit and fat" before. I like "fit and not fat" much better.

So it's back to the trackers	, BOTH of them,	starting right now.
------------------------------	-----------------	---------------------

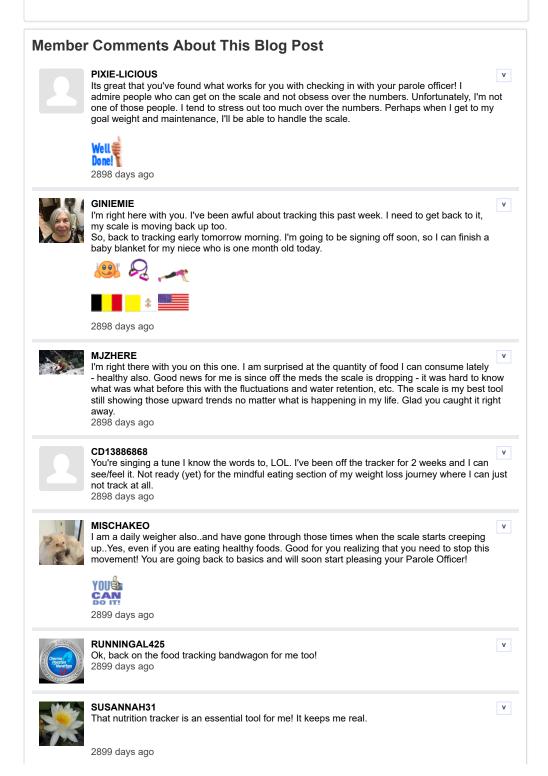
Note: I refer to my scale as my "parole officer." I explained my reasoning back on Jan 29th. "Appointment with my Parole Officer"

www.sparkpeople.com/mypa ge_public_journal_individu al.asp?blog_id=5228238_

Edit Blog Entry | Delete Blog Entry

Share This Post With Others

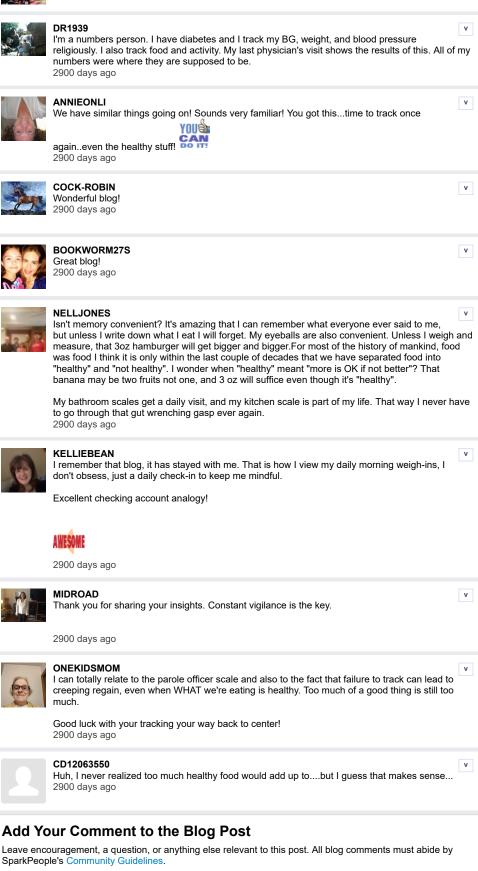
Report Inappropriate Blog



	SUNSET09 Going back to the basic put us back on track and help I realize where we got off track! I believe in that in many areas of my life. Everything in moderation. Thanx and enjoy your day!	V
	WILSONWR You can definitely have too much of a good thing. I have to watch that all the time! 2899 days ago	V
1	MERRYMARY42 I am not gaining yet, but I can not lose anything, and this is because of all my fruit I have been eating, I realized yesterday at the doctor's he said cut down on carbs and take sugars out of m diet, (can you imagine) well he things sugar is keeping my er fungus artibe, so lets see if the change in my diet is going to work 2 ways, sure hope so, because I do get a healthy or unheal amount of sugar, daily It is good you ar getting on top of it, 2899 days ago	ıy
Ċ.	DAPHNE_RUNS I laughed while reading your blogthis is happening to me too. I am buying the healthy stuff (fruits, vegetables, wheat stuff, etc) but I forget to input my meals. Summer is here and I am active, but spending more time in the house so I am also looking in the fridge more oftennot good. Thanks for reminding me too that is is time to get back to the basicsdaily tracking.	V
	MARYJEANSL You're smart to nip any potential problems in the bud! 2899 days ago	V
	BELLACUDDLES Yup, a calorie is a calorie, even tho the there are 9 calories per gram of fat, once you're over your "allotment", you start to gain. I still find the best way to keep track is journaling, and I do h a few frowns in my journal, of where I know I overate! We just have to keep trying and visualize that slimmer person! 2899 days ago	
	CD14034154 I'm delighted to see that you caught on to what was happening with your body!!! It's hard for me sometimes, to determine, if what I'm doing this right or not. However, when I see the parole officer give me a good report, then I know that everything is okay!!!	v
	Be blessed my friend, - Nancy Jean - 2899 days ago	
	DESERTJULZ Point on! You can be exercising a lot and eating extremely healthy foods and still gain because it is too much of a good thing. I've been doing a bit of that too. Tracking every bite, yet allowing many bites. So we're both to a point where we have to not only track, but exercise some control like Watermellen's attitude that feeling hungry is good for us. :D 2899 days ago	g too
YA	WATERMELLEN Oh yeah: too much of a good thing is not a good thing!! Been there, know I'll be back from time to time, and hauling myself up before my own parole officer!! 2899 days ago	V
	SUZYMOBILE I'm there, too, my friend. And I'm even tracking every single day! My problem is that the daily total has been consistently a little high, and that doesn't work over the long haul. It's very hard cut back on things that you've become used to, but I'm going to have to. Evening snacks are g to have to go, I'm afraid, and that's tough. And I've been letting myself get too hungry before dinner, so that I eat too much for dinner. Time for both of us to get back on track! 2900 days ago	
	BOILHAM I do daily weigh-ins too. Mine fluctuate up and down. Still, my trend is a slow snail like even,	v



downward one. I like your thinking that if you don't see many 'downs' lately, it's time to take action. I do that, too. Great blog, as usual. 2900 days ago



	Subscribe to this blog	ADD AN EMOTICON	SPELL CHECK			
	Post Comment					
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.						