



BROOKLYN\_BORN

 Change Banner Image154,974  
SparkPoints

Info



Photos



Feed



Blogs



Awards

More



## All Spark Points are not created equal and I don't mind

Sunday, January 19, 2014

It took me nearly 3 years to get to 1000 spark points. That's because I was a spark hermit. I conscientiously used the nutrition tracker because eating huge quantities of food caused my weight problem. I always loved exercise so I ignored the fitness tracker.

I had no friends except for Spark Guy and it was his JOB to be my friend.

Occasionally I would read an article or blog, but hardly ever left a comment. I rarely even clicked on the "get your spark points" button for doing whatever little I actually did.

I didn't add a "ticker" on my page since I didn't think I needed it. I weigh myself every morning and keep a detailed running log so neither seemed necessary.

Then one fact hit home. The percentage of people who successfully kept the weight off for years was very small. Stories of lifetimes of yo-yo-ing were common. It must seem incredible that I didn't know that, but I had never tried to "diet" before. I always believed I was fine. I was always told not to worry about extra weight because I was fit and could "carry" it.

Soon after I reached maintenance, SP introduced a "maintenance ticker" and I put that on my page. Then I discovered the Maintenance Team and then Masters Running Team and then others. I started to blog and comment and add friends. I began to start each day with Spark People.

The points started to pile up and I liked watching them. Each day I liked to get that extra spin.

When SP introduced the new format, it took a while to get used to it, but suddenly I was earning points a lot faster. My start page included a list of my teams with an invitation to "spin the wheel and give them points." I liked that since it also reminded me to check in with them.

It was quite a surprise to discover that not only was each team earning points, but they were included in my total also. At first it seemed like I didn't "earn" them, but no matter. It was like playing roulette and didn't take very long.

So when I post this blog, I will hit 20,000 points. It doesn't really mean anything and yet I'm glad to see it. It reminds me to stay on this healthy journey and to banish any idea of "yo-yo-ing" from my vocabulary. I'm replacing it with Once and Done!

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

## Member Comments About This Blog Post



**LEWILL1982**

Thanks for sharing! I had no idea about giving points and receiving points in return, haha. I'm up to 126 points for the day, wow!  
2699 days ago



**SUSANNAH31**

It was the community here at SP that got me started on changing my behavior. Before I even knew that we could track food and exercise, I was looking at the pages of people who had lost weight and I was reading about their experiences. To me it was amazing- that I could actually read about what people were doing, how they were doing it, and all the emotional struggle that went along with the weight loss.

After four years here, I still appreciate all the conversations that take place here more than anything else.

Points still don't matter much to me. As long as I have enough to give goodies when I want to, I am happy.  
2699 days ago



**JULIA1154**

I like earning the points but man is it easy to 'waste' 45 min. on SP that could be spent more actively!  
2701 days ago



**DOVESEYES**

I ❤️ SP #88! WAY TO GO Well Said! Well Done! 🍷

2701 days ago



**GINIEMIE**

I love the social aspect of SP and the point earning too much and yo-yo about tracking foods, exercise, if it weren't for my fit bit I think I'd still forget. But I love interacting with people, reading their stories, encouraging or commenting and then I post too.



I'm glad you are interacting because now we are and I've enjoyed your sharing and your travels. You come back with observations to my blogs and I try to learn from your educational blogs. It's fun when we share, and since I'm limited in my outings SP helps me stay sane too. Glad you are more involved and reveling in point earning-even if you moderate your time on the computer-one of my 14 for 2014 goals. I'm actually doing good on that part, I've slowed down on earning points too. I'm close to 58,000. Have a great week.



2701 days ago



**TIME-4-TINA**

I never paid much attention to my sparkpoints. I didn't even realize that you can gain sparkpoints by reading something.  
2701 days ago



**CELIAMINER**

Congrats! You're good about limiting your computer time to keep from getting sucked in to the black hole.  
2702 days ago



**CD13099273**

The spark point game - I enjoy the new spin for teams - I am however the worst at huddling and checking in with my teams - I just have not found the right swing of thing in that regards - meaning - I awake I track food and fitness then I read my feed and catch up on blogs as I am always behind - lol - then acknowledge those that have stopped by or are celebrating something or other - and that is a good almost three hours for me !! So as you and thanks for your support - I still track am still athletic in training for my goal - I have cut back on the hour of sparking its a must right and I do feel guilty about cutting back but not in regards to points its the people I



miss .

2702 days ago



Comment edited on: 1/19/2014 10:32:51 AM

**DR1939**

My favorite spark points are the daily team huddle points. They're not much but they push me to check in with those five teams and see what others are doing. I usually read one of two of the blogs for each team. When I find someone interesting I follow them. And yes, I like those point spins for the teams. A little silly, but fun.

2702 days ago

**\_LINDA**

When I first joined Sparkpeople it was because I was looking for an easier way to track food and calories. Learning to do that was really the life changing experience and all because I participated in a Biggest Loser contest at my Curves (I never even watched the show and still haven't) I didn't get involved in the community or features either for the longest time. Then I started reading articles and visiting people's pages. Wrote my very first blog on here but got no responses but didn't give up.

Just so happy to have found this place!!

2702 days ago

**GARDENCHRIS**

I like getting points..... it is fun to do the things I need to do to earn them and I learn new things in the process. Plus I get to check on my "friends" all over the world and go with them as they explore their worlds.

2702 days ago

**WATERMELLEN**

Absolutely agree with you (even though I'm not on that new format that would give me points for my teams . . .). We know that engagement helps sustain motivation and maintenance . . . I do so appreciate the cutting edge research that (along with those annoying ads!!) informs every aspect of the Spark community.

2702 days ago

**TORTOISE110**

Like you I lost nearly all my weight before I got social on Spark. Now I'm a point gatherer-- know what you mean about those team points too. That community support data is persuasive.

Spark friendships have made the difference for me. I think connecting more regularly has had an impact on my friendships outside of Spark too. We don't have to be alone so much of the time in the world.

Love your blog.

2702 days ago

**TERI-RIFIC**

I'm glad you came out of your hermitage. I like your blogs. Congrats on the pinnacle of points!

2702 days ago

**ONEKIDSMOM**

Spark Points are what my brother calls "Stupid motivational tricks" to get us to do certain stuff. I'm with you about some not being as valuable to fitness and health as others, but what the hey, I'll take 'em to push my teams into the forefront... to show that those teams are helpful to ME.

But there's some serious Spark Point inflation going on here! And regardless of whether we earn points or not, if we're doing what is healthy, our bodies are keeping track!

Oh, yeah, and for me? Who didn't really "count" my break walks at work? When I got the Spark Activity tracker and it started automatically adding those points? Yeah, I started racking 'em up faster, too.

2702 days ago

**JAROL7**

Hmmmmmm you and I think exactly the same. I push my points because it is fun for me and keeps my weight loss goal clearly in my mind all day long. My wife couldn't care less about the points and won't do them. People are clearly different in what motivates them.

2702 days ago

**MISCHAKEO**

I just found that spin for teams also. I find the points are nice ways to stay accountable. I like your once and done attitude. No more yo-yoing for me.

2702 days ago

**RASPBERRY56**

I have to agree with you on that - this has pretty much been my experience wrt points.....although at times I frequently have to remind myself that it's not about the points themselves, but the effort taken in your journey to better health!

2702 days ago





JANUT57



2702 days ago

v

## Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

☐ 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.