

**BROOKLYN_BORN**[Change Banner Image](#)**154,963**
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4 Billion Spark Points? I'm watching a milestone achievement right now in real time.

Tuesday, November 04, 2014

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I'm referring to the counter on the Spark Points page.

It's like watching my car's odometer as it approaches 200,000 miles.

I like seeing my own spark points add up.

I like observing how many cumulative points my teams are earning.

But this? I've seen that counter in constant motion every time I click on that page, but this morning it really attracted the attention of my data driven mind.

Look how fast it's moving, I thought to myself
That's one big number!

My car's odometer is a record of all the places I've been in the last 11 years. It's nice to think about that.

My spark points represent all the things I've done in the last few years to live a healthy lifestyle.

I don't have as many points as others who have a similar sign up date. I was a spark hermit in the beginning, hiding in my own little corner of spark space. Can't earn many points that way.

I probably could have lost the weight without being an active participant, but I don't think I could have maintained for 5 years without the resources, support and encouragement I found in this community.

The cumulative points of the tracker represent the efforts of like-minded people all over the world.

It feels good to be part of something larger than yourself.
I wonder what all those sparkers are doing right now?

Some are recording their exercise. They're walking or running or swimming or doing Zumba or aerobics or pumping iron. Maybe gardening, dancing? The list is endless.

Some are tracking their food, either what they've already consumed or what they plan to eat during the day.

Some are low fat. Some are low carb. There's room for all of us at this table.

Some are reading articles or connecting with spark friends or team activities.
Some are blogging like I am right now.

While I write, I've got one eye focused on that tracker. By watching its progress I can predict about when

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the big moment will arrive. I told you I have a data driven mind.

It's getting close and I want to watch it change to that milestone number.

Now it's almost like the count down on New Year's Eve. People gather together to celebrate that moment.

I wonder if anyone else if noticing this particular count down (actually, it's a count UP).
Maybe Spark Guy?

I think I'll mark the moment by posting this blog.
There it goes and now I'll click "POST"

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JVANAM
You are what you think. Always think positive, empowering thoughts and your life will welcome positive opportunities!
1506 days ago




WHITEANGEL4
Great
2233 days ago



GRAMPIAN
Great!
2281 days ago




CD11519434

2324 days ago



CD11519434

2324 days ago



CD11519434

2324 days ago




NASFKAB
thanks for sharing this great point
2335 days ago



15LOVEHARRY
Amazing to think that as my few points are added to a number others numbers combine for an incomprehensible one. Wow it gives new meaning to we're not alone.
2335 days ago



LAINYC

2341 days ago





QUAIL75

Great post!
2341 days ago

THANK
YOU!



BECKLEIGH

good post and wonderful comparison! spark hermit! I think that is me! maybe not anymore!

Well
Said!

2343 days ago



WHITEANGEL4

Thank you for sharing this great blog
2343 days ago



KRUGLN

That was a beautiful thought. Thanks for sharing
2343 days ago

Well
Said!

Comment edited on: 1/11/2015 8:24:13 PM



SUPERSYLPH

2343 days ago



RHONDAWI

I set spark points goals for myself, to try to keep me going and on track. Sometimes it is just to

login others, when I have time is to reach 100 points that day. It is fun.
2344 days ago

I ♥
SP



MAYBER

Thanks for sharing your thoughts
Enjoy this site it is so nice to share with others our journey
One day at a time Love Prayers Peace God Bless

HUGS

2344 days ago



NDCAROL

Accumulating Spark Points shows me that I'm active on the site and in my Teams, and I've
learned that being active on the site is important for my healthy living focus. I'm not there yet, but

I'm moving in the right direction.
2344 days ago



FLEMIDG

What a great blog. It is amazing the number of points accumulated isn't it? Congratulations on
your success. You are an inspiration. Keep up the great work.

THANK
YOU! AWESOME
WE
CAN
DO IT

2345 days ago



MEDIC1706

I am 1 week old today at Sparks. This place is so inspiring to me. When I saw the Spark points
for everyone, I kept thinking wow their are a lot of people on here.
2345 days ago



CD14895031

I just LOVE Spark People! I discovered it last summer and it has been a life-changer! I have
not lost all that many pounds...BUT I didn't gain over the holidays and I am not going back up! I will
use this wonderfully supportive 'tool' to help me make the right choices every day.
I feel like I found a whole bunch of new friends that are going through the same thing I am every
day and are willing to just honestly talk about it. That is so helpful!
I do have the Tracker and again, that is so motivating. I was laughing at myself this evening, I sat
down to check my steps and actually got back up and did a few things and then did it again so I
would meet my quota I have set! Without my tracker, it just wouldn't matter!

I agree with you about being mesmerized by that counter! "We are not alone"
2345 days ago



TIHAITIEN



2345 days ago



WENDIQ

I have never put much stock in the competition factor, but for whatever reason I LOVE to get the Bonus Spin. Now a question.....when I do the bonus spin points and have the Spark Team as one of my five receivers, is this where they go? I never know and sometimes, I score rather big...other times, not so much....
2345 days ago



GWINNER1

Yes those Spark Points are quite a motivator!
2345 days ago



SPARKLINGME176



My Spark points REALLY motivate me, too! I will ALWAYS go the extra minute or? to

get them, funny little motivators, right????
2345 days ago



GIVEUP30



2345 days ago



MARTHA324

Interesting. Can't say the points motivate me all that much, although I do find that reading the articles and reviewing my goal board is a motivational factor for me. Whatever works is great IMO.
2345 days ago



NEWTINK

I don't think I ever saw spark points quite like this but it is interesting to think about it that way. My spark points are not as important to me as just having someplace that is safe for me to openly discuss my weight loss journey with like minded people. The support and friendships are so beyond anything that I have ever experienced .

This is a great blog : thank you
2346 days ago



JIBBIE49

Week of 01/08/2015 - Featured Blog Post

4 Billion Spark Points

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Great to see you featured in the Spark Mail. What an honor.

After being a Sparker for 7 years, I've always thought that counter was rather silly, and would be better if it started over fresh at the beginning of each year, so I guess people see things in different ways.

2346 days ago



JIMLITA

I say congratulations! However, personally spark points don't motivate me at all. My diet is much too complicated to log, with a disability I miss points others would get. I check in each day. I spin the wheel. But rarely get over ten points. There's nothing to motivate me to get more points no reward in it.

My reward is in my accomplishments. Weight loss, better health, and the miles and steps I log. My reward is in a normal a1c number and losing 100 points off my cholesterol, and 45 pounds gone.

My biggest reward is hearing my doctor tell me I've added ten years to my life. And most of all seeing 130 miles jogging in one year on my Fit Bit page, every step taken with a walker. That is something to be proud of. For someone born with Cerebral Palsy, and almost 61 years old. I'm proud of what I've done. I'd like to hear more from the differently able community on here. I think it's awesome on those amazing points. That's terrific.

2346 days ago





DGRIFITH51

I haven't really paid attention to the tracker or what it represents. Thanks for bringing to our attention the reality of what it represents.

v

That is truly
2346 days ago

Comment edited on: 1/8/2015 11:29:34 PM



CD1386553

This is definitely refreshing to read. I had the same issues early on in my SP lifestyle- I wouldn't commit in the same way. I have been a part of SP for now maybe 8+ years and I am just now starting to take advantage of all that SP has to offer. In particular, my new thing is the streak. I don't want that to end! I like the ability to log-in and if it's the only thing I track each day, I am okay with it because it at least means I checked-in.

Thanks for sharing your inspiring story and reminding us how to get the most out of our day and this site.
2346 days ago

v



SUGAR0814

Well
Said!
2346 days ago

v



LIVELYGIRL2

Now that is really inspiring. Sometimes when I see it move constantly: I think are people really all over the world tracking right now. it is amazing to think of it the way you described.

I think Spark should point it out when it hits another million, or billion.

So COOL.
2346 days ago

v



JAMER123

I also watch the counter go up, sometimes very fast and some just fast.
Thanks for a good post!!

2346 days ago

v



CD15160758

I like watching the SparkPoints for everyone just as much as my own because it means there

are others that are working to improve themselves as well.
2346 days ago

v



ROCKYCPA

2346 days ago

v



1DAY-ATA-TIME

I've been watching the counter too. Amazing, just amazing!
2346 days ago

v



MJREIMERS

2346 days ago

v



JSEATTLE

I know, it shows the Mighty Power of Spark!
2346 days ago

v



SNUZSUZ

2346 days ago

v



CD4212235



AWESOME I ♥ SP #88!

2346 days ago



MISSENG



Thank you for sharing your insightful story. Great job.
2346 days ago



MAREE1953



Always enjoy your insights!
2346 days ago



MAWMAW101



Now that was really cool!
Even though I didn't witness it, I am glad to be a part of it!

Well Said! 🙌 #88! I ♥ SP

2346 days ago



YICHE12



Thank you for your blog. Like you, I'm also into numbers and I check these every single day.



2346 days ago



NOLAHORSERIDER



I live for my spark points. WooHoo.. What a great blog. I got 1000 points the other day! I was

in awe. LOL Congrats on your weight loss and your amazing blog!
2346 days ago



WORTHYOFCHANGE



Well said. We all love points! Even if it hasn't been a perfect day...it's still been "pointworthy" and that just keeps us coming back for more.
2346 days ago



SPARKFRAN514



lets enjoy watching the numbers roll by and check how many of those are our numbers rolling by each day as we get closer to goal off we go happy trails
2346 days ago



LJCANNON



You really spelled out Very Well exactly "Why" I Love those Silly Spark Points!!
2346 days ago



FISHGUT3



2346 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.