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4 Billion Spark Points? I'm watching a milestone achievement right now in real time.

Tuesday, November 04, 2014

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).

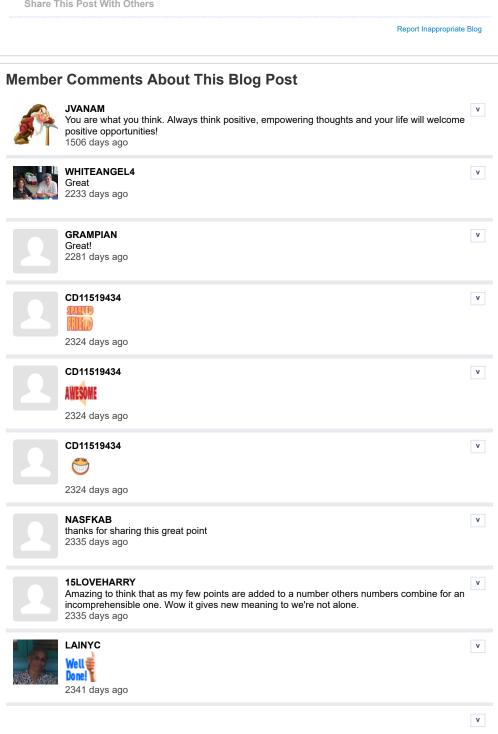
Maybe Spark Guy?

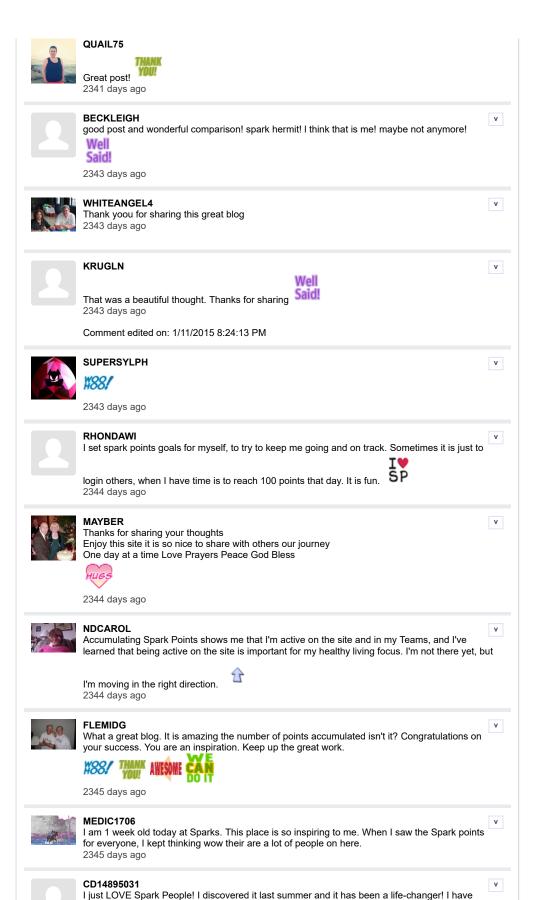
I think I'll mark the moment by posting this blog.

There it goes and now I'll click "POST"

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not lost all that many pounds...BUT I didn't gain over the holidays and I am not going back up! I will

I feel like I found a whole bunch of new friends that are going through the same thing I am every

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

use this wonderfully supportive 'tool' to help me make the right choices every day.

would meet my quota I have set! Without my tracker, it just wouldn't matter!

day and are willing to just honestly talk about it. That is so helpful!



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



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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





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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



I dont 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

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

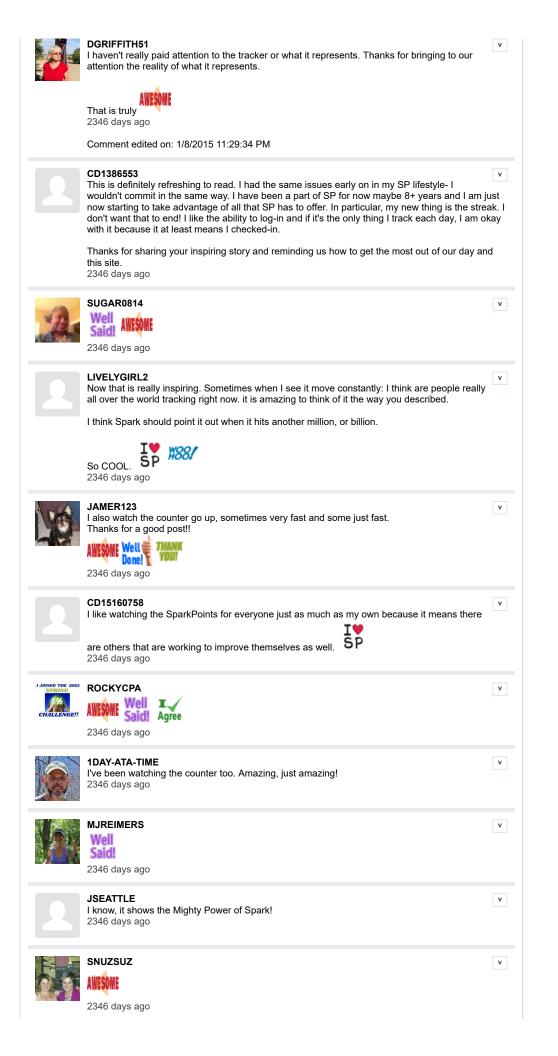


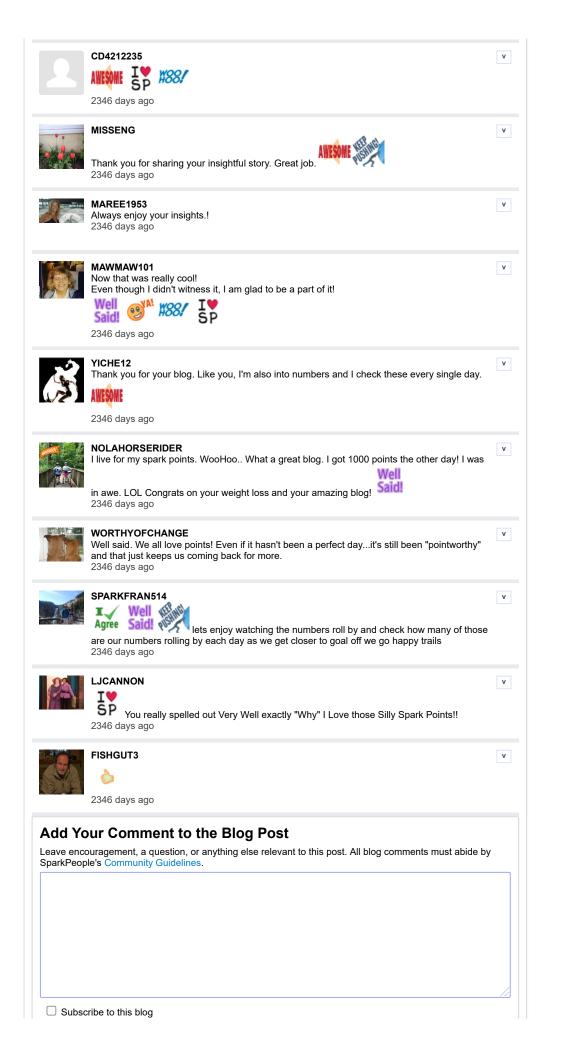
JIMLITA

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 yeas 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





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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.