



BROOKLYN_BORN

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You don't want anyone to think our team cheats, do you?

Saturday, April 04, 2015

This was directed at DH – an honest man who, like many of us, can sometimes underestimate the amount he eats and overestimate his exercise.

If portion distortion causes me to incorrectly enter the amount of spaghetti or cheesecake into the nutrition tracker, my calorie count will be off. If my favorite neighborhood route is really 2.2 miles instead of 3, I won't have burned as many calories as I thought. That's why I have a food scale and carefully measure my route.

However, even if we are not accurate in our estimation, we are the only person affected. We may wonder why we're not getting the expected results, but our mistakes matter only to ourselves.

Now what about being on a team challenge? I'm not referring to Spark teams or challenges because DH isn't a Sparker although I do sometimes call him an "auxiliary sparker" or a "reluctant sparker" since he can't help being affected, just because he lives with me.

Twice a year a nearby city makes an effort to get people active to improve their health. Hundreds enter the challenge as individuals or as teams. Just as we've learned on Spark, a journey is easier and more fun when you have company.

In this particular challenge we record our minutes of daily exercise. There's another challenge in the fall based on miles. DH participates along with me. He swims several times a week. The pool is 25 yards long, so X lengths took Y minutes – very easy to record correctly. He really helps our team because he swims backstroke at a constant but easy pace, very appropriate for someone his age.

All kinds of activities are included. Today DH plans to spread lime on our lawn, and prepare our garden for spring planting. He will probably be out there for many hours.

Time for an experiment.

I gave him my stop watch with these directions.

If you're walking and pushing the spreader the watch should be ON

If a neighbor stops to talk, turn it OFF

If you are lugging 40 pound bags of mulch and manure to the garden, the watch is ON
(Yes, he buys this stuff)

If you are standing around planning what to plant where, or admiring your work the watch is OFF

Take regular rest breaks. You are 70 years old! And turn the watch OFF.

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Now, why am I being so insistent on accuracy?

Our team is a church team! We have an ongoing ministry emphasizing Health and Spirituality.

We want to encourage healthy behavior, but it's also important to be honest in our reporting. We don't want to rise higher on the list because of incorrect reporting, even if it is unintentional.

I remember a reference from my 5 years of Latin study. Caesar's wife must be above reproach.

Note: An added benefit will be helping DH understand that just because he THINKS he's burned a certain amount of calories, his body knows the truth. Fortunately, he's also a scientist who doesn't mind experiments. I love my reluctant sparker.

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NUMD97

I love your experimental design! Let us know what the upshot was and the results. Was he astonished or not by the recordings' accuracy or not? Inquiring minds want to know.
2258 days ago



MISCHAKEO

Happy Easter. Your church challenge sounds fun..and doing it with your husband is even better. Hope your yard work goes well.



2259 days ago



PHEBESS

Love your accuracy! And I think your DH and my DH are related - each time he tells a story, the numbers increase, the drama increases, his effort increases - even when I sit there hearing the story again and again. It amazes me, I'm way more factual than that.
2259 days ago



DOVESEYES

Well Said! I Agree WAY TO GO AWESOME

2259 days ago



MJREIMERS

Love it! Happy Easter and hopefully, I won't cheat tomorrow!
2259 days ago



ONEKIDSMOM

Kudos to you and your reluctant Sparker! Blessings at Easter! and all year 'round!
2259 days ago



MARYJEANSL

Your story made me smile. I hope he burns lots and lots of calories - honestly - to contribute to your team. I think it's fantastic that your church is doing this. :-) And Happy Easter!
2259 days ago



SUNNYWBL

Get him a Fitbit!
2259 days ago



GIVEUP30

He love you
2259 days ago





PHOENIX1949



Admire the synergy of your relationship.
Happy Easter !



2259 days ago



KBSPARKY



"Admiring your work"! Hehe.
2259 days ago



LIVINGLOVINLIFE



This was a great blog. Thank you for sharing. So wonderful that hubby is accommodating and such a health conscious person. Wonderful that your church has health positive activities. Have a wonderful Easter.
2259 days ago



HAYBURNER1969



What a great post! Dad is right at the top of the overall leaderboard, too! So proud of him for joining our team.
2259 days ago



CD4114015



You both have the PERFECT relationships! And, I need to find out what kind of stop watch you use! I HAVE to HAVE one!

Thanks for a GREAT blog...I LOVE that your church emphasizes health so much!



2259 days ago



WATERMELLEN



Love this punctilious approach "when it counts": that is, when honourable competition is at stake!!

I'm betting you have more impact on your DH that you realize: and that, of course, isn't so measureable!!
2259 days ago



GINIEMIE



He sounds like a gem, reluctant sparker or not. I love that he does so much of his own yard/garden work. It is good exercise. Glad he has a good mentor too. Happy Easter to the both of

you.



2259 days ago

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