



BROOKLYN_BORN

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A Tale of Two Weeks

Monday, February 23, 2015

I like Spark Trophies. I once insisted to DH that we had to walk for 10 more minutes so I could reach the next level.

DH: They send you a trophy?

Me: No, I get an email with a picture of a trophy.

DH (Rolling his eyes): Let's go.

He knows when I'm serious about something. We've been together over 50 years.

I like being active. Exercise was never my problem. Food was!

I blogged twice about this week's difficulties.

It began with a likely case of food poisoning from a local restaurant.

It continued with unusual weather for this part of Virginia – snow and near zero temperatures that encased our dock and boats in ice.

But good old SP still sent me a trophy with some encouraging words.

It's called "Spark in Progress"

The report gave me a comparison with the previous week.

Total Steps: 21,792 vs 79,576

Total Minutes: 413 vs 990

Calories Burned: 1051 vs 3445

Miles: 10.18 vs 41.21

I like objective data. I hop on the scale first thing every morning – part of my daily routine, along with getting my coffee and logging into Spark. Weight remained steady, right in the middle of my maintenance range.

So now what did I learn from that data?

Even with a lot less exercise, I can maintain as long as I don't overeat. (Thank you nutrition tracker)

Intensity counts. Half the minutes resulted in only a third of the calories burned. I guess I knew that, but interesting to see the numbers.

If I can't manage intensity while trapped in the house, I should increase the minutes of whatever I am able to do. I don't have to do it all at one time.

Yesterday I was stomping around the house complaining that my half marathon training was really messed up. It is, but the trophy says it all – "In Progress."

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That's what I am and what I will always be.

Getting to goal whether in weight or in fitness or any other measure you may have isn't the end. The journey isn't over. We have to keep going and any journey is easier with friends along the way.

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GIVEUP30



for over 50 years of marriage ...we have too planning on the 60th
2293 days ago



1STBUCKETITEM



Interesting blog, especially from an SP friend that has been on maintenance for so long. I also enjoy the trophies and the points. Of course the fitness points are what makes all the difference in the progress I can make towards goal. Thank you for pointing out the "in progress" concept - it

truly is your "lifetime" which is always "in progress."



Hope your spring will come soon!
2293 days ago



POLSKARENIA

Points and trophies DO make a difference.
Keep up the W.I.P!
2295 days ago



MARYJEANSL



I don't care too much about the trophies, but I do like to see the points adding up. Silly, maybe, but it does motivate me. Interesting that you mention the comparisons of your numbers. I have been wearing a pedometer lately, and I saw something similar. On Sunday I ran around like crazy all day, first working, then packing up and preparing to leave town for a short "staycation" about an hour from home. Had to pack up clothes and also food, etc., since the place we are staying has a kitchen. That day I had over 12,000 steps. Yesterday, I was totally exhausted, did next to nothing all day, and took an afternoon nap. 1900 steps - for the entire day! But I don't care too much - I know why it happened. It will all even out.
2297 days ago



MILLEDGE2



LOL! I have friends who roll their eyes, too, that I can get so excited about a little trophy picture on a computer screen! But it matters to ME and to YOU, so obviously it's something we should be proud of!
2298 days ago



WALLAHALLA

Progress is so much better than stuck in a rut.
2299 days ago



DOVESEYES

Loved your blog, it's nice to hear someone else loves the numbers. Your DH is amazing and kind.
2299 days ago



LIVEDAILY

We are all a work in progress, and in one way or another, we all appreciate daily affirmations, that we are, indeed, doing a good job!



2299 days ago



PHOENIX1949

"A work in progress, subject to revisions and/or additions." is a signature line statement I put





on most of my genealogy reports sent to others. Now, I will be more conscious of applying this statement to myself. Thank you.



2299 days ago



BBEAGAN

You LIKE spark trophies!? wow, I think they are hilarious. How very cool that they motivate some of us. I do like how this site has different aspects that work for different people.



A work in progress... yup. Sometimes I like to look at my fitness minutes, or calories consumed or burned by weekly or monthly averages over time, to give me a better sense of the global patterns, rather than the daily ups and downs. I'm okay with it as long as the overall pattern is in the right direction.

2299 days ago



DR1939



2299 days ago



DDOORN

Lots of ways to use the "numbers" to keep ourselves going AND to reward ourselves for being "in progress" too!



Don

2299 days ago



LINDAKAY228

Congratulations on maintaining even when things go against you!

2299 days ago



PHEBESS

The becoming is so much more interesting in being, isn't it?

2299 days ago



FORZACHANDMATT

Love this and your husband is a good man!

2299 days ago



SPINNINGJW

Wow! The cold has been hard on my step count too. Of course, being unemployed has been hard on my step count, as I enjoyed a very active job. The cold weather has hampered my desire to get outside to walk. I just need to suck it up and bundle up and go anyway - can always do 10



minutes at a time.

2300 days ago



CD14815535

Love the data--you can do so much with it! Color me a bit frustrated by the weather, too. But a Spark in progress is still a Spark!

2300 days ago



KELLIEBEAN

I believe we are all always a work in progress. A great way to live in my book! Always working on ourselves!



2300 days ago



GINIEMIE

Encouragement makes this journey of being in progress doable.



2300 days ago





TERI-RIFIC

Well Said!

2300 days ago



CD4114015

I LOVE this blog! I learn so much from you sparkers that have been maintaining for so long....and I truly learned from this one!



Have a great week...it has truly started GREAT!



2300 days ago



ONEKIDSMOM

Yes, we are all works in progress... won't be done until... well, depending on your belief system... maybe never. But I think whatever we believe about an afterlife... we never know where THAT finish line will be, so... living each day, as best we can... as works in progress... that's the ticket!



Glad you're starting to feel more yourself!

Being away from my scale and in less charge of the food available... I'm just doing the best I can,



too. We'll get the objective feedback when I get home!

2300 days ago



MISCHAKEO

I like the in progress concept also. You are right the journey is easier with fiends along the way. This has been a hard two weeks for you. I also use the data each morning to analyze my exercise. I had a bout of the flu and had zero steps that day. However, like you say, all we can do is intensify what we can do and keep progressing. I really hope the weather breaks soon for you. You are staying positive in all of this cold.

Good job.

2300 days ago



WILSONWR

I like objective data also, and the more encouragement, the better. As you said, it's all about the journey.

2300 days ago



WATERMELLEN

Really like this "in progress" concept -- we are "in progress" perpetually! And we are committed to it, no matter what!

2300 days ago



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