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I'm a 'B' - I'm a 'B' and I'm thrilled about it!

Sunday, March 15, 2015

No, it's not my bra size or that word that gets deleted from online comments. My all-time spark trivia score is finally 80% which I consider the 'B' level (apologies to those school districts that calculate it differently).

When I began my journey here in 2009, my trivia score was abysmal. I considered 60% or 75% right a GOOD day. Note, it's a personal choice for me to treat it like "Jeopardy" and test my current knowledge. I do not judge anyone who googles the information first. Like our individual spark journeys, we each adapt and do it our own way.

My point is that I learned a lot about myself by the type of questions I always missed. I was always really good at the fitness questions, OK on the health questions and really bad at those dealing with food or nutrition.

This mirrored my life. I always liked exercise and because I was healthy and fit, I didn't pay much attention to what or how much I was eating and dismissed the extra weight I was dragging around as inevitable.

I like that each trivia question answered produces a brief explanation of the topic. Sometimes I research further, especially when I disagree with the correct answer. Even incorrect responses have increased my knowledge.

There's something new to learn here every day on Spark, from articles, blogs, links to outside resources, and even trivia questions.

That's why I begin every morning right here. I hop on the scale, get my coffee and login to Spark. I think I could have lost the weight on my own, but I never could have maintained the loss for 5+ years without SP.

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DOVESEYES

Great blog, I like to test myself as well and am not concerned how others use it. The morning sounds just like mine.
2279 days ago





WALLAHALLA



I loved watching my trivia score go up. It made me pay more attention to articles I read, and quizzes I took, because I knew that info would eventually pop up in those questions. 2279 days ago



MARYJEANSL



I don't google answers, but if I think the question is a bit too trivial, and not worth remembering, I will skip it and go on to the next. I have also learned a lot from the trivia questions. 2279 days ago



CD4114015



I have to say I agree with you totally...there is SO much to learn here...And I really just opened up to it a year when I joined the Maintenance team...and it's THERE that I learned so much! It really opened me up to all yours and maintainers like yours blogs and threads and it changed my life COMPLETELY and I started to think I could do it too! And here I am AT maintenance!



2279 days ago



SUBMOM2



5+ years of maintenance is an A+!! 2279 days ago



PHOENIX1949



End paragraphs of this Blog and several earlier comments emphasize the importance of consistency and diligence to reaching and maintaining one's goals. Thank you. 2279 days ago



ONEKIDSMOM



What a great lifestyle! And congrats on your B student status... I'm with you, as far as the rare times I play trivia... I'm not after the score... I'm testing my gut instincts! And because of this, I don't top the A list... sometimes I'm well below it. 2279 days ago



TERI-RIFIC



Interesting. I haven't played it for a long time. I'll have to try again! Did you see Jeopardy last week when only one person made it ti final? 2279 days ago



1STBUCKETITEM



Yep! It's my ritual right after I "spin the wheel" to go to the Trivia Questions for the day. I'm still at "C" but have improved since I first started. Always a good way to "learn something new" each



day. Also, it has spurred on some more "research" of certain interesting topics. 2279 days ago



PHEBESS



LOL - I don't know what my overall score is, I'd be thrilled if it turned out to be a B as well! Some days are great, some days are horrible, and yeah, it lets me know what I'm good at and what I'm not doing as well as I could. Always a good reminder! 2279 days ago



DR1939



Improvement is the object of learning. Good on you. 2279 days ago



GINIEMIE



Daily I'm all over the place, I am currently at 74, which is a C, mid or low depending the district-as you put it. I too weigh myself each morning and when I log in I do my Trivia. I treat it like a test of knowledge/memory. I do get ticked at myself on some of the % questions or how many grams of ____ in a calorie. Those drive me crazy. I read the answers and promptly mix them up



2279 days ago

WILSONWR



We've sure had similar experiences! I just got to 80% myself a few weeks ago. Because of scoring so poorly for so long, I doubt if I will ever reach a 90% average, but I sure have learned a lot!



2279 days ago



WATERMELLEN

I've learned a lot with respect to the Trivia questions too and it's helped support me in maintaining weight loss too.

My regular low scores also help with curbing weight gain between the ears, of course. No likelihood of head-swelling success for me!
2279 days ago



WUMPASTAR

I'm exactly the same except I'm a D right now hahaha! Trying to get better too and I too treat it like Jeopardy XD I also have trouble with nutrition questions the most!
2279 days ago



MISCHAKEO

Great on being the B level. 5 years of maintenance is an accomplishment. I also begin my mornings on Spark and agree that it has supported my efforts at maintaining weight loss.
2279 days ago



HOLLYM48



2279 days ago



LIVEDAILY

As I sit here with my morning coffee, I am smiling at your blog. I, too, have learned a great deal from the daily trivia questions. I appreciate the explanations, and the further links if you want to learn even more about a topic. It's a feature of SP that I hope they never get rid of!!
2279 days ago



TORTOISE110

What a great way to use Trivia! I tend to look at that 'average' overall number too and try to raise it. After so many trivia questions, it's darned hard to get that average up for sure. But neat to see what we know and don't know for sure.
2279 days ago



JANETRW50

This is my morning ritual as well!
2279 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.