

Numbers are my reality check.

That's why I love my nutrition and fitness trackers – a reality check. No moping about bad numbers, just focus on how to make things better.

Spark – the place for resources, motivation and support! I still have the shirt and even the hat. and I still have HOPE.

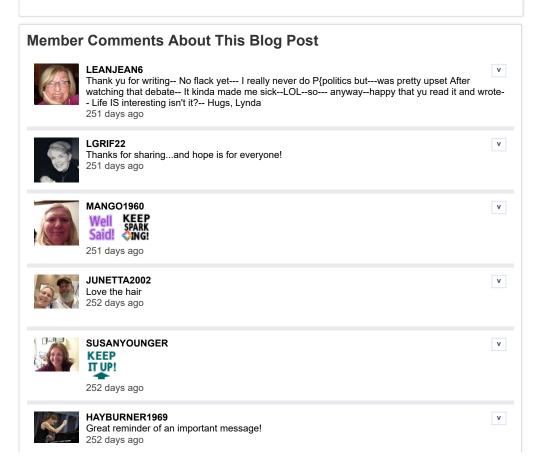
Here I am - 6 months since my last haircut.

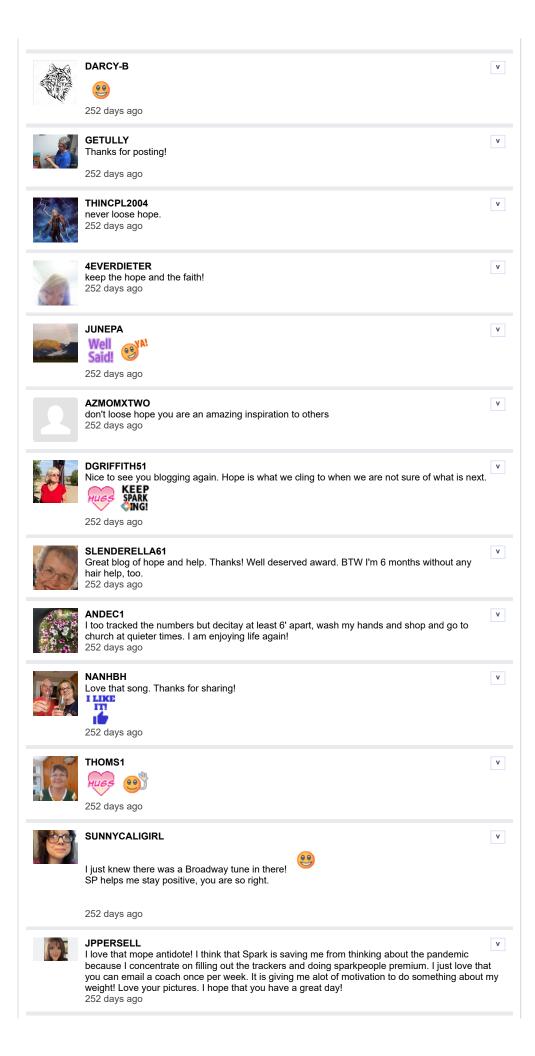


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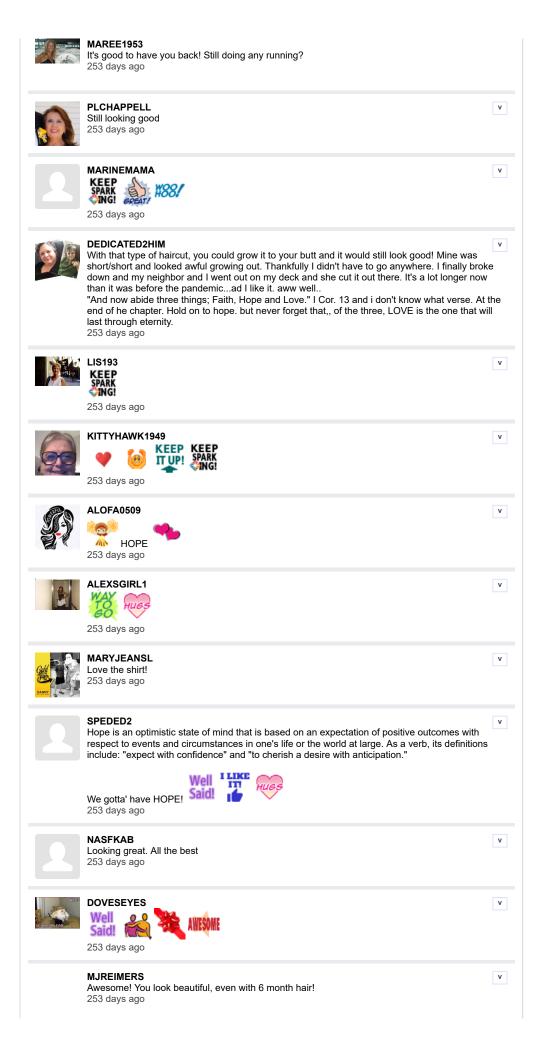
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	SHAKERATTLEROLL Glad you are back and you are so ever correct you have to have hope. 252 days ago	v
	SUSANYOUNGER Hues 252 days ago	V
LIFE ISN'T ABOUT FINDING YOURSELF. LIFE IS ABOUT CREATING YOURSELF.	NANCY- Hear you about the haircut. LOL I started going down the slippery slope, but decided thta was the direction I didn't want to go. Congrats on changing direction. It is nice that we get to choose isn't it. 253 days ago	v
P-	SUSIEMT 253 days ago	V
	8HABIT Thank you for cheering me up! 253 days ago	v
	RACHNACH KEEP SPARK SPARK 253 days ago	V
	OHMEMEME Hi there! Great morning read of your blog! Thanks for sharing! I am HOPEFUL, too! Life really isn't that hard at this momentI'm trying to be grateful. I live in a rural area and the virus scare has died down. We stay aware and take precautions. Ugh! Covid 19 Pandemic! Frustrating! Mostly for me, just an irritation and inconvenience so far. Serious, yes! But hopeful that today is fine! May have to hunker down and isolate more once co and flu season revs up. But once again, todayis all I have. Love my Spark check ins! I'm battling with myself about full commitment right now, but I'm still hopeful that I will continue to work for what I truly want, health and well being! Love your pink and all it stands for! Glad to see you Sparking! 253 days ago	
Creating A NEW MEL SPARKPEOPLE	THROOPER62 KEEP SPARK SPARK 253 days ago	v
V	WATERMELLEN Love that song and the picture too. We're a hopeful crew here at Spark People!! And it's so nice to have you back among us!! 253 days ago	V
	RHOOK20047 Hope is the reason I rise each day, another chance improve my world or the world of someone SPARK else. 253 days ago	V
	UPTOIT59 Hope is what makes people get up in the morning sometimes.	V
	MAWMAW101 Oh, how I needed this message today! Thank you!	V
		v



More Republic	HARROWJET Hope - 253 days ago	V
à	QUARTERMASTER3 Well Life Said! 253 days ago	V
Å	LIZANDRASHAW Keep that hope going! 253 days ago	V
	ISNESS You are incredible exercises! And you are an credible heart, influencer without your knowing, I guess. I would like to come there, too. Running a half marathon and reaching a healthy weight.	v
	This fall challenge will be a test for me. Happy Monday evening to you!	
ST.	SUNNYBEACHGIRL Having hope keeps me going through this. I just hope it gets better sooner 253 days ago	v
	BJAEGER307 Well Said I think Hope is what is getting us through this time of our lives. With hope we all shall get through this. Thanks for the share. 253 days ago	V
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	Veight loss results will vary from person to person. No individual result should be seen as a typica wing the SparkPeople program.	al