



# BROOKLYN\_BORN

 Change Banner Image

**154,986**  
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

## My scale is at the entrance to my kitchen

Monday, September 24, 2012

It's the first thing I see when I enter in the morning still in my PJs. I'm probably alone in this. I know it's not a common location for this item.

When I moved it from the bathroom to its current visible spot, I wasn't thinking about me. It was 2008 and my mother, who lived with us since Dad's death, was losing weight along with her appetite. I noticed her eating less and less and thought it would help her awareness if she stepped on the scale first thing every morning.

Once we determined there was no physical reason for the weight loss, I challenged her to record everything she ate during the day and using an Internet site (not SP) I filled in the calories she consumed. In the beginning it was sometimes as low as 700, hardly enough to sustain someone comatose.

To encourage her to be accountable I started to weigh myself right there along with her. When she realized that she had to watch her nutrition, so did I. If I continued along my current path, my 30 extra pounds could easily become 40, 50 or more.

On Jan 1, 2009 I decided I didn't want to carry the extra weight anymore. Mom & I continued our daily weigh-ins and calorie tracking for over 2 years. She died in Jan 2011 quite suddenly at age 88.

My 3 year maintenance anniversary will be Thanksgiving Day. The scale is still in the kitchen. You can't miss it. I'm still weighing myself daily and thinking of Mom when I do.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

## Member Comments About This Blog Post



**SAMMILESSACH**

What a great story. What an awesome way to support one another. Sounds like you two are close & she is living in your memory sweetly.

I too have my scale near my kitchen a couple a feet off into my dining room under the table( that gets used).

I weigh every morning also.





139 days ago



**MENNOLY**



What a great story! Your comment on the maintenance check-in line reminded me of my mom's 3rd pregnancy. After giving birth twice with only a mid-wife (in Italy) she gave birth to her 3rd child in America with a Dr's care. Because she was overweight he put her on a strict diet so that she would not gain much weight with this child. When my younger brother was born she was shocked at the puny child she had delivered. Although he was an average sized boy, he was much smaller than myself or my older brother at birth. Genetically we are programmed to have large babies. My 3 ranged from just over 10 lb to 12 lb. I was very careful with baby 3 since I was rather old and overweight when I had her. I weighed less after giving birth to her than when I conceived her. Yet she weighed 10 lb 5 oz.

I also weigh daily it keeps me honest. Have a great week!  
3171 days ago



**MISCHAKEO**



That is a great story. I weigh myself everyday. It is the first thing I do.

You are doing great maintaining a 3 year loss. I am glad you think of your Mom when you do.



3184 days ago



**STRIVER57**



excellent idea, and congratulations!  
3185 days ago



**TINAJANE76**



That's a great strategy and a wonderful story. By helping your mom to better look after her health, you did the same for yourself. Continuing to maintain is a beautiful tribute to her memory.



3185 days ago



**MAGGIEVAN**



I am sure you are also missing your mum. Good on you for 3 years of maintenance. If the scale in the kitchen is working for you, why change it?  
3186 days ago



**SWEDE\_SU**



how interesting that your supportive role for your mom was what brought the healthy awareness to you! congratulations on your upcoming 3 year anniversary!  
3186 days ago



**ORDEO73**



That is a wonderful story. Its great to see that this started with you being the supporter and

then her living in your memory to fulfill maintaining your regimen.  
3186 days ago



## Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

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.