



# BROOKLYN\_BORN

 Change Banner Image

**154,963**  
SparkPoints



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

## Where have all my old friends gone? Day 3

Tuesday, May 10, 2016

I'm working on this project gradually, checking in on 10 old friends per day. That's my mindset about most things - gradual, slow and steady progress. It's worked so far for weight loss, increasing fitness/strength training/steps per day, cutting down on sugar etc.

The lesson learned today is that sparkers are not inactive just because they are not communicating with me. They may not be blogging and have a private feed, but they are posting on teams and/or message boards or receiving awards for fitness minutes. Good for them! Spark is a huge and varied community with something out there for everyone.

So even if our paths aren't crossing like they once did, I'm glad to see that they are still on board and hanging in there.

Summary so far:

Day	Active	Inactive	Missing
1	7	3	
2	6	4	
3	5	5	

At this point: 60% are still actively sparking

Note: Since I have a data driven mind, I'm keeping my results in a spreadsheet, but Spark doesn't accommodate the formatting when I paste them into the text here. Still you get the idea.

[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



**CHANGINGHORSES**

Interesting. I just don't have the time that I would like to devote to Spark. I try to remain active here but some days I am MIA. But I am always thinking about my health and trying to stay on



track.  
1848 days ago

**PRNCSCUP1-2FULL**

Still at 60%... Interesting. I've dropped teams and joined teams and dropped some more so many times! It is a wonder anyone can ke track of me! But, I do stay active on my friends' blogs and friend feeds!



1857 days ago



**GINIEMIE**

I deleted a few one day when I was clearing out the ones whose pages didn't connect anymore. Kind of regret it now. I love how your mind works-mine won't do that, but I can appreciate



it in others. Thanks for the insight.



1858 days ago



**JANET552**

Interesting project and data!!

1858 days ago



**SUBMOM2**

This is interesting, as any of us have spark friends who have drifted away. Now I kind of wish I hadn't purged my page of inactive accounts...

1858 days ago



**JEANKNEE**

What an interesting exploration. Thanks for continuing to keep us posted.

1858 days ago



**DOVESEYES**

Great idea it will be interesting to get all the data.

1858 days ago



**LIVEDAILY**

I agree with you. When folks first join SP, they have their "class", and then they choose teams they think they want to belong to. They're encouraged to do so by SP. But the longer that folks are involved with SP, the more varied their interests become, so they get involved with different groups of people. We may not see them the way we used to, but they're active in different ways.



1858 days ago



**SLENDERELLA61**

Excellent idea! Perhaps I should do the same thing. I have many SparkFriends I haven't had contact with in some time.

1858 days ago



**PHEBESS**

Hmmm, interesting numbers. I look forward to seeing your end result.

I'd think you could either take a screen shot of your table and turn that into an image to post here, or possibly convert to a pdf and then a jpg and again post here. Though it depends on your computer, may or may not work.

1859 days ago



**PHOENIX1949**

I did something similar a while back with the original 10 folks who 'friended' me. I lurked for about a year and intermittently tracked my nutrition. When I made a comment on a featured blog that moved me things picked up. Not being a social media fan, I was surprised and not quite sure what to do about this. The few times that I thought about dropping out, there was someone/something that lured me back in. Now, I am here to stay.



1859 days ago



**CD4199227**

LOL Well I certainly am old enough!

Don't blog much though!

1859 days ago



**CD4114015**

I LOVE this project and SO glad it keeps on...hope it never stops!





1859 days ago



**IAMSUNNYHOWARD**

Great project. I am reminded of the old Brownie song. Make new friends, but keep the old. One is silver and the other gold.



I think this is a worthwhile project. There are a couple friends I don't see posts on, but I can't seem

to find them, too sad 😞  
1859 days ago



**WILSONWR**

That's a great project! I know I haven't been blogging as much as I used to, and there are many of my Spark Friends that I've lost track of.

1859 days ago



**IFDEEVARUNS2**

Love that you are keeping a spreadsheet!



1859 days ago



**CD13202979**

It's very kind of you to reach out and attempt to reconnect with those that you have not been in touch with recently. I try to do the same!



1859 days ago



**WATERMELLEN**

Very cool: and as you say, the Spark community can accommodate many ways of interacting (but I'm glad YOU are a blogger!!)

1859 days ago



**50YEARSAWIFE**

Interesting blog. I have wondered the same thing about some of my Spark friends. Thanks for sharing.

1859 days ago



**DAWNSUCCESS**

How wonderful! Teams change, but that they are still sparking is a happy discovery!

1859 days ago



**CYCLE3815**

Welcome back to group. Have a wonderful day.

1859 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.

