



# BROOKLYN\_BORN

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**154,963**  
SparkPoints



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## Where have all my old friends gone? Day 4

Wednesday, May 11, 2016

Another reminder from my project. Some sparkers return with a new screen name. Either they left for a while and returned with a brand new persona and outlook or like me they just deleted their old page and joined again without a spark break.

My spark start date is listed as 8/20/2009, but I really joined on 1/1/2009 after my worst 5k time ever produced my "aha moment." I was a spark hermit in the beginning only using the trackers. However, I was being successful with slow and steady weight loss. So when I decided to stick around and investigate the rest of spark world, I deleted my old self and joined again with my current name. I didn't lose much, except for pounds, of course. Spark Guy was my only friend and I had very few points accumulated.

I really got into my search this morning. So much that I didn't realize I was way beyond my plan of 10 per day. My data driven mind wonders if there will be a difference as I progress through my list from the oldest friends to most recent. A majority of the old timers have hung in there.

Summary so far:

Day	Active	Inactive/Missing
1	7	3
2	6	4
3	5	5
4	9	11
<b>Total</b>	<b>27</b>	<b>23</b>
<b>% active</b>	<b>54%</b>	

Thanks to Pheboss who suggested I post my data as an image to get around the formatting problem.

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[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](#)

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## Member Comments About This Blog Post



**JEANKNEE**

Thanks for keeping us posted on the progress and what you're learning from it.  
1857 days ago



**PHEBESS**

Very interesting! I don't think 50% of the people I knew when I first started here are still Sparking.  
1857 days ago



**DOVESEYES**

Loving the 'series' great work thanks.  
1857 days ago



**CD4114015**

I am loving this series you have going...hope it doesn't end but know it will. You are doing an awesome job of it but I am sure glad you and I are here! And most of these commenters are my friends so I am glad THEY are still here too!  
1857 days ago



**ONEKIDSMOM**

Fascinating! I friend back just about everyone who "friend"s me, so it's hard to tell who is "old" and who is "new" at times... but there is this core group of regular bloggers (of which you are a

part) that I see sticking it out, through thin and thin... 😊 and it's how we stay in the land of MAINTenance! Those who stay, tend to succeed!  
1857 days ago



**PRNCSCUP1-2FULL**

Darn that Pheboss!! I can't read images! HeeHee! Oh well, your numbers of active friends is not imperative to my plan! I didn't delete my page and all, but did change my user name.... I needed a brand new fresh start and my beloved Jack had died, so I changed my name and kept on Sparking!  
1857 days ago



**GINIEMIE**

I think Pheboss might be our link. I've lost touch with her-probably my fault. It's funny how we

are linked by teams, professions or other.



1857 days ago



**LIVEDAILY**

I think it is a testament to how you can work the SP program when there are "old timers" like you around!!



1857 days ago



**LIVINGLOVINLIFE**

I probably need to do this.  
1857 days ago



**IAMSUNNYHOWARD**

Great job investigating!  
1858 days ago



**PHOENIX1949**

😊  
1858 days ago



**WILSONWR**

A great project. Thanks for sharing!  
1858 days ago



**MILLEdge2**

Spark appeals to people with a certain mindset ("show me the data because I don't want to lie to myself") and a certain attitude. I only read blogs by people who take responsibility for eating and





exercise - no matter what short-term pitfalls there may be. I enjoy your blogs because you are very forthright about the eating and exercise that keeps you maintaining. You never whine! Thank you!  
1858 days ago



**WATERMELLEN**

It's interesting to speculate why people stay: and why people don't!  
1858 days ago



**MISCHAKEO**

50 % was my prediction for me!  
1858 days ago



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SPELL CHECK

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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.