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Where have all my old friends gone? Day 8

Sunday, May 15, 2016

Each day I look forward to this project. I'm glad I have the time to do it. I'm retired so there is no boss (principal or superintendent in my case) to demand something be done immediately if not sooner. I was a math/computer science teacher and later Technology Coordinator.

My time is my own and I have the flexibility to fill and organize it as I see fit. Our 6 grandchildren are 14-21 and while we see them often and attend their sports and music events, it's not like I'm the "snack mom" or room mother anymore. This is much easier.

When they visit the lake, I don't have to stay right by their side. I can kayak with them or they can go off on their own adventure.

So for those of you with a family and work responsibilities, hang in there. Take care of yourself. Your future self and your family will thank you for it. It's never too late to seek a healthy lifestyle, but the sooner the better.

Now for the data.
12 active and 8 inactive/missing - That's 60% still here and sparking!!
My best result since Day 1.

Summary so far:
65 of 130 are still active. That's 50% who are still hanging in there.

The Summary Graphic:

Day	Active	Inactive/Missing	% active
1	7	3	70%
2	6	4	60%
3	5	5	50%
4	9	11	45%
5	7	13	35%
6	8	12	40%
7	11	9	55%
8	12	8	60%
9			
10	65	65	50%

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CHANGINGHORSES

I wonder if Spark ever does this themselves. I have often wondered what kind of stats there are. What do they claim is their success rate?

1848 days ago



PRNCSCUP1-2FULL

Glad you have the time!

1852 days ago



GINIEMIE

I purposely didn't go out and friend a lot of people, because I feel the need to keep in touch. However, lately I've been the slacker, the one who's not around much. It gives me pause, compassionate thoughts and impetus to pray for my Spark friends.

With Erik's goings on and the handyman working on and off around here I'm having trouble focusing on myself. I'll get there may have to go the round about way, but I'm not giving up on Erik

or myself and I will check in with friends periodically.



1852 days ago



JEANKNEE

Interesting! The active percentage headed back up.

1853 days ago



LIVEDAILY

This IS very interesting!!

1853 days ago



PHOENIX1949



1853 days ago



PHEBESS

I just realized that I don't even have 200 friends here, LOL!

1853 days ago



CD4114015



And I hate to see them come to an end!

1854 days ago



MISCHAKEO



1854 days ago



ANGIEN9

Love the chart and happy you are finding active friends! Have an awesome Sunday!!

Angie



1854 days ago



WATERMELLEN

I'm pretty sure that my score would be substantially lower . . . particularly from the earliest time I was on the site (7 years ago now).

And: I'm pretty sure also that of those who lost weight only a small per centage have "hung in" and kept it off. But I find Spark so supportive in that regard!

1854 days ago





HOLLYM48



1854 days ago



CD16609042



That's a lot of work you are doing....way to go leader!

1854 days ago



ONEKIDSMOM



looking good, with a 50% average!

1854 days ago



TERI-RIFIC



I think those are pretty high percentages. I'll bet mine would not be that high. I don't have the time to find out-so I'm glad you do because it is very interesting!

1854 days ago



PASTORKRAFT



Awesome!

1854 days ago



BBEAGAN



This is so cool! Thank you for doing it.

1854 days ago



50YEARSWIFE



Good job. Way to go.

1854 days ago



NELLJONES



1854 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.