



BROOKLYN_BORN

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Where have all my old friends gone? Day 23

Monday, May 30, 2016

"I thought we were already friends" Today's group is a recent addition to my friends list since I'm proceeding chronologically through it. Yet many are long term spark veterans whose presence I've always noticed. Through this project we are now friends.

Research often leads to other questions.

How did we meet our spark friends?

Through teams?

Through blogs or comments on blogs or message boards?

Or my very favorite image (from OneKidsMom)

"Did I follow one of my Spark friends "home" and friend them first because they looked like a kindred spirit?"

As I continue my life in spark world, I plan to add these answers to my data. There's no specific time crunch or need to post results daily, but eventually I will have a snapshot of my little corner of the world and how it came to be. It's given me a lot and I want to continue living here in maintenance.

As for today's group, it's a mixed bag.

Yes, there are some veterans who have never left and have login streaks as long as mine.

There are others with a start date similar to mine who have left and returned only recently usually because of regain.

One is hanging in diligently for 3 months, but one returned with:

"I am sticking with the program this time, no matter what" then nothing more after that day.

Then there are the newcomers that lasted only a few weeks, or even days. At least one had their first blog featured in Spark daily email. Perhaps they didn't appreciate the spotlight? I've learned that being featured or named a "motivator" is encouraging to some (like me!) but intimidating to others.

Today's results:

14 Active & 6 Inactive/Missing - That's 60%

Summary so far:

252 out of 430 are still actively sparking - 59%

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Member Comments About This Blog Post



PHEBESS

It's still a pretty impressive total - I think anything over 50% is great!
1838 days ago



YISKAMIRYAM

It's funny because when I returned under my new user name I was unable to find a lot of the veterans that blogged a lot back then. I guess they just fell off the radar. I keep hoping I'll find them one day - maybe under a new user name just like me.
1838 days ago



LIVEDAILY

Did I follow one of my Spark friends "home" and friend them first because they looked like a kindred spirit?"

I really like this, too!!
1838 days ago



PGBACK

Interesting research
1838 days ago



DOVESEYES

Interesting data really enjoy following it each day.
1838 days ago



MJREIMERS

I've thought of going through my list, again. I went through it once around the winter and sent a goodie to each sparkfriend that I had. Some responded, some didn't. I guess it comes with the journey. I'm glad you are here.
1838 days ago



GRACED777

Your research is fascinating. Since the stroke 8 years ago, I have a hard time concentrating, so I only write when something really strikes me. I stay because I need it, and hope I help someone along the way. I do more short stuff, and lurk a lot!
1839 days ago




HELEN_BRU

I'm sure some have been hacked and left in disgust.
1839 days ago



PHOENIX1949


1839 days ago



PRNCSCUP1-2FULL

"Research often leads to other questions." ~~ That is why research is so important, beautiful and never ending!! I can tell you how we became friends.... I posted on your blog from running a 5k in prog! My family originates in Czechoslovakia, so the title from a mutual friend's friend feed caught my attention and I didn't want to miss any more blogs! Now we find we have an area in common and know we will meet in person one day! I've so enjoyed reading your research and thoughts on it!

1839 days ago



HOLLYM48

It is always interesting how we came to be friends with people here. I know my first few friends were people that friended me and showed me the ropes. I am forever thankful to them, as they are the reason I stuck it out the first few months on this site. Others were definitely kindred spirits and friends of friends that I have found their blogs to be interesting! SPark on.
1839 days ago



JEANKNEE

Looking forward to your continued research.
1839 days ago



ALICEDIXIE

Love what you are doing. It is all about encouraging each other to go forward. WTG





1839 days ago



CD8113065



I'm still trying to figure out how to find my start date.
1839 days ago



ONEKIDSMOM



The fact that you are spurring some Sparkers to re-surface? Priceless! Because we're all

worth it!

1839 days ago



LOVENHWOODS



You are doing a great service with your research! Thank you!! Looking forward to tomorrow's blog!

1839 days ago



50YEARSAWIFE



I continue to enjoy your blog.

1839 days ago



MOMWANTSNOWAIST



Thank you for visiting my page and the goodie! I am one of the Sparkers who left due to inability to do BOTH Sparking AND Homeschooling ~but I have found a WAY to do BOTH ~and God has provided BOTH~! I lost the weight~20 lbs. on SP 6 yrs.ago. Since returning on SP in Dec.2015~where when I lost the FIRST 5 pounds~I received an award for my Dec. 27 th ~ LOVE THOSE ICONS ~GOT MY FIRST~LOST 5 lbs. blog and I have been trying to win another one ever since!

I was on maintenance for 8 mos. after the wt. loss on Sp and will do it again! I am only 9-10 lbs. away {would be CLOSER , but put on 6 extra pounds those 6 years I was off SP. I am HAPPY to be back and I agree~ I have to track every day,too!

It is FUN to KNOW I will LOSE the weight as I did it once and WILL DO IT again!

Thank YOU for being an inspiration to us all~ LOVE the purple T-shirt photo~ it reminds me of my



GOAL~ NO WAIST ~ aka ~ MOM WANTS NO WAIST!

1839 days ago

Comment edited on: 5/30/2016 7:39:02 AM



KATHYBENNETT



It takes a while to learn to stick with the program. This program is not a quick fix. It takes determination and patience. Many find out this is not what they dreamed for or are not ready for the work it requires. Good luck and stick with it.

1839 days ago



PASTORKRAFT



Interesting research... The diet world scares a lot of people away

1839 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.