



BROOKLYN_BORN

Change Banner Image

154,944
SparkPoints



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

5 Billion SparkPoints! Our Cumulative Effort Toward a Healthy Lifestyle

Tuesday, December 20, 2016

At 11:52 pm last night the counter reached that milestone.

No, I didn't stay up to watch it. Something jarred me awake at 11:40 and I decided to see how accurate my prediction had been.

Bonus / Milestone Points			
DESCRIPTION	POINTS AWARDED	MINIMUMS	ACTION LINK
Follow SparkPeople on Twitter	25 points	0	...Follow Us
Follow SparkPeople on Google+	25 points	0	...Follow us
Follow SparkPeople on Facebook	25 points	0	...Follow us
Follow SparkPeople on Instagram	25 points	0	...Follow us
Today: 166 December 2016: 1,859 Total: 108,456 SparkPoints earned by all members: 5,000,000,001			

The cumulative points of the tracker represent the efforts of like-minded people all over the world.

It feels good to be part of something larger than yourself. I wonder what all those sparkers are doing right now?

The screen capture I did last night documents the moment. My points contributed to that total.

No, I do not participate in Spark activities just to gain points. In fact, most of yesterday's points resulted from very generous wheel spins, a rare occurrence for me

I like data. Data keeps me knowledgeable and accountable.

I login to Spark every morning for my daily dose of motivation and the points are a record that I've been here, doing something toward my goal of a healthy lifestyle.

I check in with teams and friends to see how things are going.
I read and comment on blogs
Sometimes, I write a blog myself.
I play trivia to test my knowledge.
Perhaps an article catches my interest

I plan my food for the day in the tracker MOST of the time.
I weigh myself every morning, but after 7 years of maintenance, my digitized brain predicts quite well how many calories I consume. Fluctuations in weight only bother me if the trend is only up, never down. Then I'm back to SERIOUS tracking.

Then I go out for a run or a walk or a run/walk.

[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 >](#)

Spark reminds me not to neglect strength training, flexibility or balance exercises either. I record my fitness minutes once I've actually done them.

Looking at the graphic again I see that I have been "active" on spark for 2,678 days. I never noticed that before. That's over 7 years! That's how long I've been in maintenance.

Is there a connection? I think so, at least for me. One thing I've learned is that NO ONE is immune to regain. It takes vigilance.

So I will stay right here.

One more prediction:
At the current rate, the SparkPoints tally will reach 6 Billion on Jan 20, 2019.

McDonalds counts billions of hamburgers sold.. Sparkers can count billions of points.

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

Share This Post With Others

[Report Inappropriate Blog](#)

Member Comments About This Blog Post



MARYJEANSL

I hope I will still be sparking (not as well nor as dedicatedly as you!) in 2019 and can check your prediction. :-) Happy new year to you!
1625 days ago



1STBUCKETITEM

Your math obsession is fascinating to watch through your blogs. I'm somewhat analytical myself but not quite as impressive as your brainstorming. I remember your "4 billion" blog and have also discovered that the best part of the equation is the friendship and bonds we find through

our fellow Sparkers.

1626 days ago



NUMD97

Love your analytic brain, B_B! I agree with Phebess: How on earth did you calculate that so closely?

SP started like the "Little Engine That Could", and just kept chugging along, minding its own business, just waiting for the world to discover her. And she did. Ain't that grand? I think so.

Glad you're here to remind us of what is important in terms of health maintenance. Save us a seat at the Maintenance Table. I hope one day to join you.
1627 days ago



ALICIA363



It is so much fun to be part of something larger than ourselves!
Thank you for doing the entertaining math - I too am wowed by how you could time it!
This morning, I got to 35 minutes on the bike and was planning how to wrap it up ... decided to go 5 more "for the sparkpoint"... I hadn't consciously thought about those points in a long time, must be something in the air!



1629 days ago



PHEBESS

Oh my - how did you estimate the time and date so closely????? I'm totally impressed by that alone!
1631 days ago



WATERMELLEN

PS You and I both have 108,000 +/- points: like you, I'm not pursuing the points but that's another nice coincidence, don't you think?
1631 days ago





WATERMELLEN

Billions of points WAY better than billions of hamburgers . . . your prediction was pretty darned accurate, so impressive!!
1631 days ago



JEANKNEE

Jarred awake with 12 minutes to spare. I love it!
1632 days ago



LIVEDAILY



1632 days ago



DOVESEYES

woo hoo !!!
1632 days ago



2BDYNAMIC

6 BillionOh My! Thanks for all the info! Keep on tracking! ...
And may the big spins be yours!
1632 days ago



ONEKIDSMOM

Love it... I spark to keep me going... and I *do* attribute success at maintenance to the connections I'm made here, and the fact that when I'm low, I can come here and be reminded... by

others, yourself included... like-minded, kindred spirits... committed to healthier habits!

billion points. Build even more!
1632 days ago



MIRAGE727

Eileen, you are number two on my Nerd listI gotta be Numero Uno!



Of course, we can add all this to our Secrets of Success! Congrats on your 7 year mark, by the way!



Stay Strong and Keep Inspiring!



1632 days ago



SPEDED2

Great stats...must be your love for all things math.
1632 days ago



TERI-RIFIC

Neat. I wanted to know what time it happened after I gave up and went to bed. I'm glad you woke up.
1632 days ago



PRNCSCUP1-2FULL

Didn't we reach 5 billion a little earlier than your prediction? I'm thinking you said the 21st or 22nd? I'm probably wrong, but then who cares?! I'm impressed if we did reach it earlier though! That means people were more active on SP than you figured! I plan on sticking around too and I earn my points by tracking, commenting, reading too! By clicking away I am getting healthier each and every day!
1632 days ago





SMILINGEYES2



1632 days ago



PEGGYO

thanks for the info
1632 days ago



DR1939



1632 days ago



SUBMOM2

5 billion...wow! It seems like you have found the right balance between reading and clicking, and actually doing. Still working on that myself, but it's nice to be part of this amazing community!
1632 days ago



PHOENIX1949



1632 days ago



CD4114015

LOVE this!!! And I will stay right with you here too! It works! And in my whole life it is the ONLY thing that worked so here I STAY too. I do remember when the SparkPoints tally hit 2 BILLION and it blows my mind to be up to 5 billion! I love your data mind too and Jeanknee and the others.....I have attention to detail gift but not data so much. Handy for you I bet!



Keep up these great and informative blogs!
1632 days ago



KRISZTA11



1632 days ago



MORTICIAADDAMS

Great blog! It gives lots of good advice on what maintenance needs to look like.
1632 days ago



GINIEMIE

Well you did it, now to spin that wheel and make points for my groups.....!l add to your numbers for the next milestone. Tracking my food might be more beneficial to my health and add



points too.



1632 days ago



NEPTUNE1939



1632 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.