



154,944



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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.



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.



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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.

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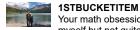


MARYJEANSL

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





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!

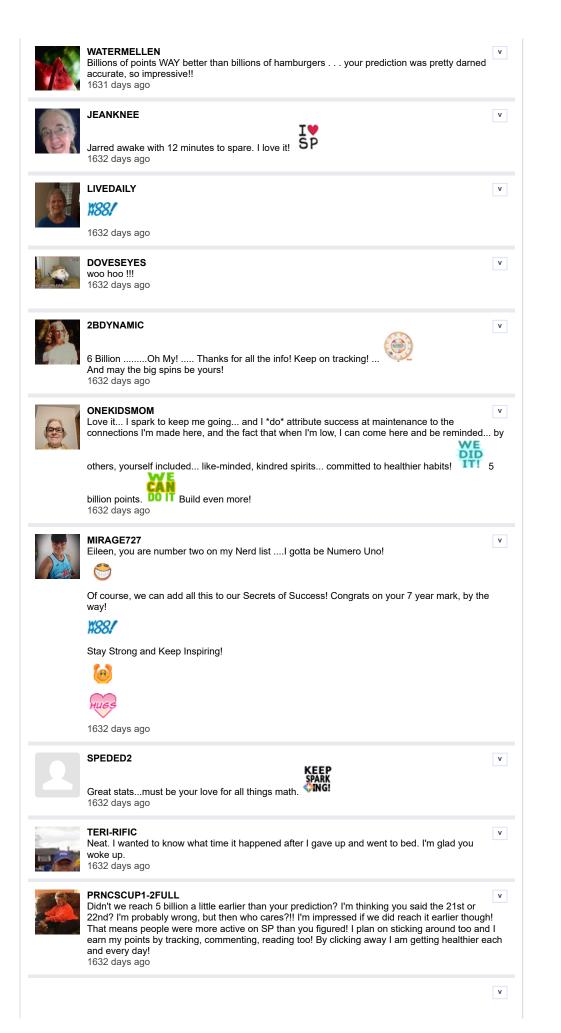
1631 days ago

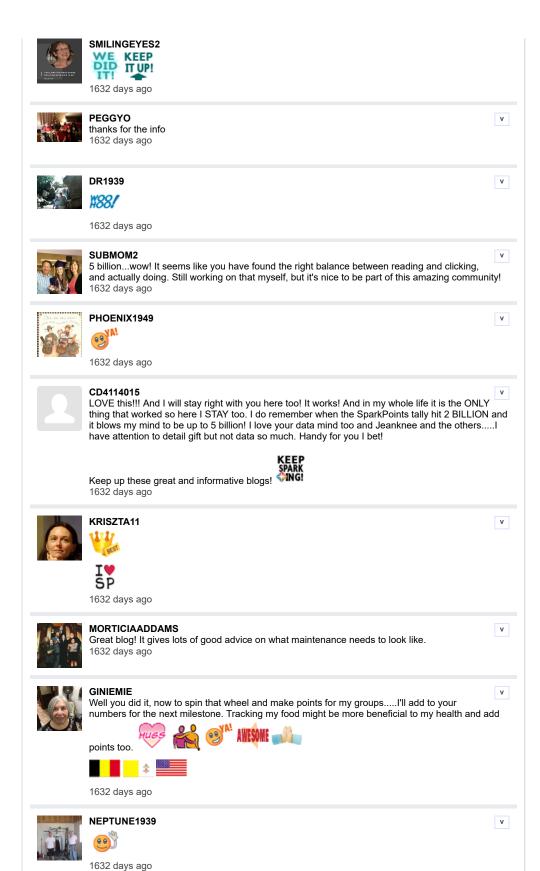


WATERMELLEN

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





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