



# BROOKLYN\_BORN

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## Challenge, Who needs a challenge? Oops, I guess I do!

Friday, January 13, 2017



Challenges are a big part of the spark world. We get invitations when we first join, on the start page, in email, through team activities or even through the posts of friends.

In 8 years I think I've done 3.  
30 days of fiber - check, I'm fine  
30 days of healthy eating - healthy yes, but I can overeat healthy food too. Can't give away my food scale or ignore the tracker indefinitely

I'm in maintenance now for 7 years, so the 5% challenges, valuable for so many, don't apply to me.

Last year I did my first weight maintenance challenge. I sailed right through it. No problem. I could have wrenched my shoulder patting myself on the back.

Through my husband's emergency brain surgery and recovery several months ago, I kept up with Spark just enough to remind myself that overeating and lack of exercise weren't going to make things any better. He's fine by the way.

So when I was invited to join the 9 week maintenance beginning Nov 30th, my reaction was that I didn't need it. I'm not struggling. I'm fine.

For some reason I signed up anyway and posted my "center" weight with a goal of not varying by more than 1%. (Actually 3% is acceptable, but I wanted the lower number)

- Week 1 - OK
- Week 2 - OK
- Week 3 - OK
- Week 4 - Up some, but in range
- Week 5 - Up some more. Uh-oh! My goal is threatened. No more back patting.
- Time to remember and practice what I've learned here

Week 6 - Back to my "center" weight, but no back patting either. I know where that can lead.  
Week 7 is going really well. I weigh every day so I KNOW this is true and it motivates me to stay the course.  
I'm looking forward to posting day.

I know that no one is immune to regain. Besides the tools to lose weight and maintain on Spark we learn the value of being honest and accountable.

When you take a wrong turn on the highway, how far do you want to go before someone or something directs you back to the right path? It's much less depressing to turn around after 2 miles instead of 20.

The challenge is like my GPS who loudly informs me "recalculating, RECALCULATING!"

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Note: A big THANK YOU to Jeanknee and BAPearman for maintaining this challenge and continuing to send me invitations. Some of us take longer to get the message

Edit: Still learning, especially never to assume anything. I always thought that I wasn't welcome in a 5% challenge since I didn't want to lose 5% more. It turns out that is not the case at all. I'll check it out now. Always good to broaden one's horizons.

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## Member Comments About This Blog Post



**BOREDA**

Very true! I love the challenges: helps keep me on track.  
1505 days ago



**WENDYDANCER**

Well Said!

1585 days ago



**QUAIL75**

YOU CAN DO IT! KEEP SPARKING!

1591 days ago



**ANNIESADVENTURE**

So much good stuff in this blog, telling it like it really is. Good reminder that "no one is immune to regain."  
I've learned the hard way that "It's much less depressing to turn around after 2 miles instead of 20."  
I enjoy the 5% Challenges. They make me stretch and learn. So much encouragement and support and friendship.

1591 days ago



**GRAMPIAN**

Well done!

1593 days ago



**SPARKFRAN514**

WAY TO GO! AWESOME! GREAT! WOO! Well Done! GREAT JOB! KEEP IT UP! THANK YOU! GREAT JOB!

1593 days ago



**AURA18**

Recalculating... so funny

1594 days ago



**AMBER461**

Thanks for sharing and congrats to you.  
1599 days ago



**IAMSUNNYHOWARD**

AWESOME

1601 days ago





**1STBUCKETITEM**



**THANK YOU!**

Thanks for your encouraging email. I will be joining your group soon, but need to get thru knee surgery first and then I'll be in the "frame of mind" to work off my "re-gain." Meanwhile, I

will continue enjoying your inspiring blogs!  
1603 days ago



**JUNEAU2010**



1604 days ago



**DS9KIE**



1604 days ago



**CHANGINGHORSES**



Yes! This challenge is my first and it is an eye opener.  
1604 days ago



**MARYM1962**



these help me stay focused, even though I am not loosing, I am not gaining either - without these challenges it would a big GAIN  
1604 days ago



**PURRRPY**



Thanks for sharing  
1605 days ago



**KITTYHAWK1949**



thanks for sharing. 7 years is encouraging as the few times previously I lost the weight, I didn't keep it off very long. this time will be different  
1605 days ago



**IDICEM**



1605 days ago



**LILLYROSEGRAM**



1605 days ago



**ARTJAC**



**Well Said!**

1605 days ago



**SCHNOOTIE**



Great blog!!! We have several members in Maintenance in the Shooting Stars of the 5% Challenge, and they are valuable members, who help our team be successful!!  
1605 days ago



**CD2475290**



Good comment about the 5% Challenge -- you CAN join as being in maintenance! WTG!  
1605 days ago



**ANNIE1114**



**Well Said!**

1605 days ago





**TPETRIE**



1605 days ago



**BBONET**



1605 days ago



**LOISLEL**



1606 days ago



**FRSTNOEL**



1606 days ago



**TOSTAYHEALTHY**

Great job! ?  
1606 days ago



**REDOBAZ**

I need to be challenged for losing weight I am so competitive I think that's what I need for motivation.

1606 days ago



**SUTHRNWMN**

I'm glad to know there are challenges on SP to help you maintain after you've lost the weight. I'll use them when I get there.

1606 days ago



**NELLJONES**

The maintenance challenges probably sound daft to those who still need to lose, but for those of us a goal weight, it's a good reminder that goal can be lost by inattention. The challenges are a daily reminder that "staying the same" requires just as much work as losing. It feels good to know I have company!

1606 days ago



**CHERYLHURT**

Congratulations!  
1606 days ago



**CD15653250**



1606 days ago



**ANNIEONLI**

LoL Wow! I think we have had the same mindset, because I thought the same thing and did

the same number of challenges in the last 8 years!!



Goes to show you that you always



have to be vigilant!  
1606 days ago



**JERICO1991**

Welcome. Glad you're doing the challenge.  
1606 days ago



**RITA1956**



1606 days ago





**SUGAR0814**  
GREAT JOB! KEEP SPARKING!

1606 days ago



**KACEYSW**  
Awesome perspective in your blog!

1606 days ago



**ROCKYCPA**  
Congrats on being blog of the day!

1606 days ago



**CD9556574**  
Volunteer. Volunteer for a few days and immerse yourself in new experiences. This will help you see life through new lenses and will enlighten you about the different situations in your community.

1606 days ago



**BLUEFOO**  
I LIKE IT! Well Done! GREAT JOB! YAY! WAY TO GO!

1606 days ago



**PATRICIAANN46**  
THANK YOU! for your honesty and AWESOME advice.

1606 days ago



**CD10676776**  
I LIKE IT! Well Done! Well Said! KEEP SPARKING! GREAT JOB!

1606 days ago



**LAURANCE**  
Thank you for an upbeat post!

1606 days ago



**PJPEGG**  
Isn't it amazing what you can find out you don't know. I'm constantly finding out something here that I didn't know before!

KEEP SPARKING!

1606 days ago



**BUTTONPOPPER1**  
Thanks for this great blog! I just love your attitude, and it's good to be reminded that when I get to the maintenance stage of this project, it won't be easy every moment of every day. I admire you for staying on top of this!

My favorite line from your blog: "It's much less depressing to turn around after 2 miles instead of 20." Great metaphor--I've experienced this both on "real" roads and weight loss "roads."

I ♥ SP

1606 days ago



**SHOAPIE**  
Creating A NEW ME! YOU CAN DO IT!

1606 days ago



**PHEBESS**  
YAY for being our blog of the day!!!!!!

1606 days ago



**WOOFERCOALBOY**  
Cheers!

1606 days ago



**NOLAHORSERIDER**

Great blog! I love the challenges on SparkPeople. Thanks so much for sharing!



SparkCheers,  
>Nola  
1606 days ago



**RAZZOOZLE**



1606 days ago



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