



BROOKLYN_BORN

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The Streak I'm Most Proud of and What I'm Most Grateful for

Wednesday, January 18, 2017



Today is the 1000th day straight that I have logged into Spark. It's also DH's 72nd birthday.

How appropriate that they should coincide. I begin every day with a cup of coffee that Joe made for me, just as he has done every morning for nearly 50 years, except for those times when circumstances kept us apart.

I'm grateful that:

2 high school sweethearts beat the marriage statistics

I am beating the dismal weight maintenance statistics by following Spark principles with the support of spark friends

In addition:

I'm grateful for the resources I find here, especially those friends who remind me daily, by writing about their own spark journey, to stay the course whether the road is smooth or rough.

I'm grateful for the alternatives they suggest when problems and roadblocks arise.

I'm grateful for the reminder that whatever the difficult situation, overeating, eating junk food and neglecting exercise will not make it better.

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AMBER461
Thanks for sharing.
1473 days ago



BOREDA
Lucky you to have such a wonderful partner and good marriage. I am sure you have both worked at it, and deserve your happiness!
1499 days ago





QUAIL75



1583 days ago



GRAMPIAN



Very well done.
1588 days ago



ANNIESADVENTURE

So much truth in that last statement. We think stuffing will make us feel better but that's wrong thinking. I read somewhere that if you think you had a problem before you overindulged, now you have two problems.
1591 days ago



SPARKFRAN514



Thank you

sharing and inspiring so many others on a journey to good health
1593 days ago



AURA18



Good feeling with gratitude!



1594 days ago



EGRAMMY



Wow 1000. How wonderfully consistent!
1595 days ago



SHAWFAN



1598 days ago



CD17264479



1598 days ago



PRNCSCUP1-2FULL

Congratulations! What an awesome streak and what awesome results over those 1000 days of logging in! Happy birthday to your Joe! The 2 of you seem like quite the match!
1598 days ago



TERRIJ7

Gratitude is a very healthy attribute to cultivate! Congratulations.
1598 days ago



BEAUTY_WITHIN

Great job, and happy birthday to your honey. High School sweethearts. Aww!
1598 days ago



MCJULIEO

So well put.... Congrats on the milestones!
1598 days ago



DAWNDMOORE40



on your maintenance! That keeps me wanting to maintain! We are all in this together!



Oh and Happy Birthday to your DH even if it is late!
1599 days ago



52BINCE



Simply awesome!! ...
1599 days ago



TIKITAMI



WOW!
Congratulations! 50 years (almost) 1000 days, that's amazing!
1599 days ago



INAMINIT



👍😊
1599 days ago



DEEGIRL50



Married to your high school sweetheart. Healthy and fit. Priceless! I love your attitude and spirit.



1599 days ago



TIGERSPEECH



Great!
1599 days ago



HICIM705



CONGRATS!!!



1599 days ago



TCANNO



Well done Eileen

HB to your DH

Trev
1599 days ago



CD15569762



This blog is inspiring on so many levels! Congratulations! And thank you for the inspiration:)
1599 days ago



HICKOK-HALEY



You have done such a great job. Keep it going!

Jeanne

1599 days ago



AALLEY2



👍 on your featured blog of the day! Thanks for all you do!

1599 days ago



JUNEAU2010



Congratulations all the way around! Thanks for the inspiring blog!

1600 days ago



ANNIEONLI



1600 days ago





WHYTEBROWN

Well Said!

and

1600 days ago



TWEDEE777

I am grateful for all my spark friends!!

1600 days ago



CD9556574

Every day, the list of things we cannot accomplish through our phones grows smaller. While this represents quite the technological feat, it is also quite worrisome for our health, interpersonal skills, and other essential parts of the human experience. Continue to embrace the power your phone boasts, but commit to also dedicating daily time away from it.

1600 days ago



ALASKINI

Congratulations! Well done!!!



1600 days ago



ALASKINI

Congratulations! Well done!!!



1600 days ago



DS9KIE



1600 days ago



52BINCE

Congratulations for your 1000 days of logging in and a very successful marriage!..... that is where that wonderful!

1600 days ago



KACEYSW

Awesomeness!

1600 days ago



1958TMC

Congrats on your 1000th day and being married to your high school sweetheart. Jim and I have also been together since high school and have been married for 39 years (40 in April)

1600 days ago



BUTTONPOPPER1

What a wonderful blog to read first thing in the morning, when I really need a shot of motivation after a very hard couple of weeks. I so appreciate the great example you are, and congratulations to you for being so consistent, persistent, and optimistic. Thanks so much for being here!



1600 days ago



DEB9021

I had to do the math to figure out how many years in 1000 days. Congrats! You are clearly persistent, which is why you met and maintain your goal. AND your hubby :-). I too am married to the man I met in high school, and we are close to 30 years. Learning to work for what you want and be grateful for what you have makes for a happy life. Keep it up, and keep sharing to inspire others!

1600 days ago





THOMS1
WOO!
WOO!

Great streak, keep going.
1600 days ago



MERRYJO1

No easy accomplishment; losing weight, maintaining and logging in for 100 days! I've tried it all



and I'm not going to give up; thank you for the encouragement along the way!



and again a big

1600 days ago



SUNANDWAVES

Totally agree!
1600 days ago



HOLLYM48

Congrats on being featured blog! Way to go!
1600 days ago



ARTJAC



1600 days ago



SUNFLOWERLIFE

I have tears of delight for all your VICTORYS.... Congrats on each blessing.
1600 days ago



GRACED777

I like your consistency! Congrats on your 1000 day streak, and on your husband's birthday!
You're doing great!
1600 days ago



1DAY-ATA-TIME

Congratulations of you streak and Happy Birthday to Joe!



1601 days ago



QUARTERMASTER3



1601 days ago



ROCKYCPA



1601 days ago



NASFKAB

the last sentence was so true worth a million thank you thank you for it
1601 days ago



MICHELORRAINE



1601 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.