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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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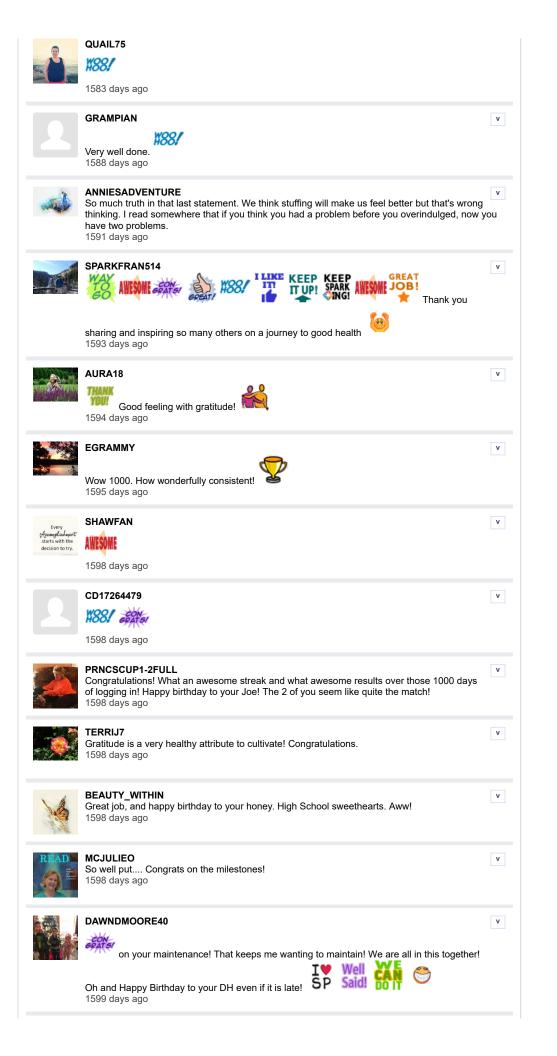


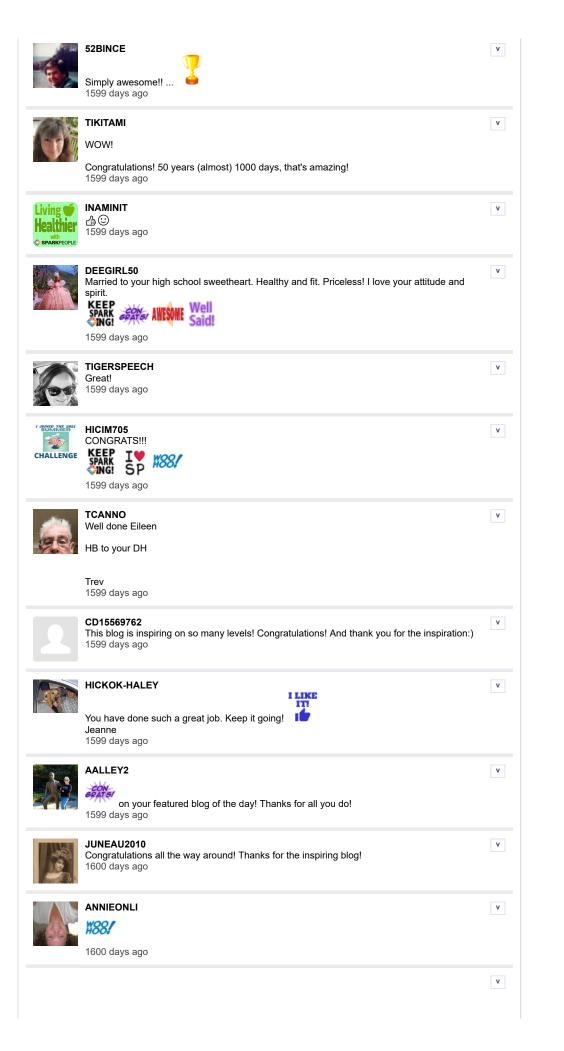
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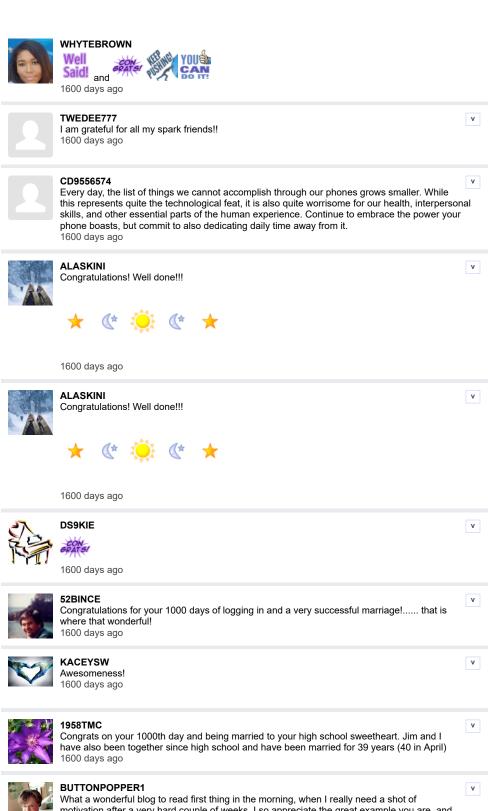
Thanks for sharing. 1473 days ago



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







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!



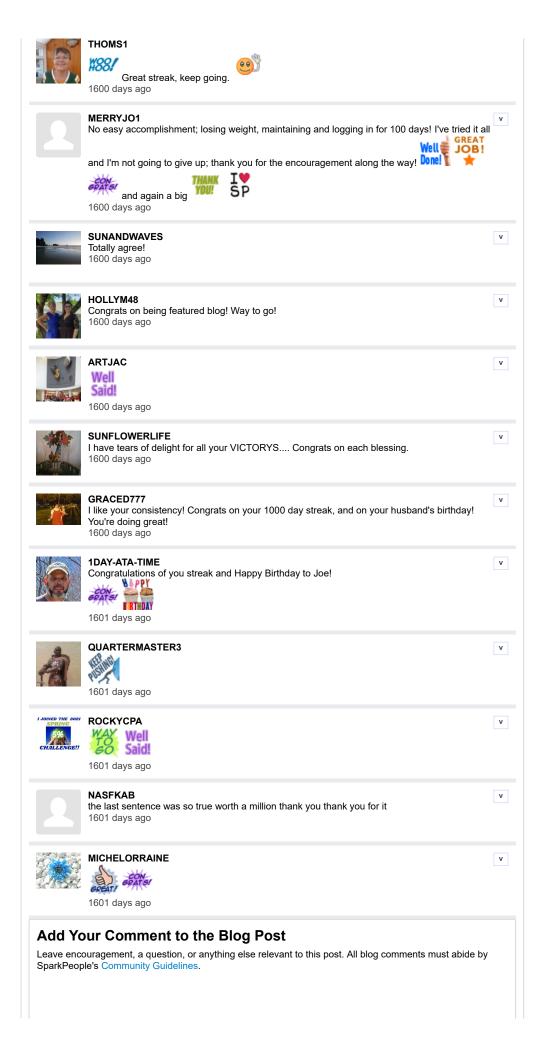
1600 days ago



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



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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.		