

On Jan 1, 2009 I decided I didn't want to carry the extra weight anymore. Mom & I continued our daily weigh-ins and calorie tracking together for over 2 years. She died in 2011 quite suddenly at age 88. She had a massive stroke after routine surgery.

The scale is still in the kitchen. You can't miss it. Do you see the empty chair behind the scale? That was the chair Mom used to use. I'm still weighing myself daily and thinking of Mom when I do



I've maintained my goal weight for 11 years. Thanks Mom.

Note: I've been able to maintain for11 years as I explained in my last blog "It's not a FLUCTUATION, it's a TREND I do not want to wait for depressing double digits before turning things around. I want to beat those dismal regain statistics.

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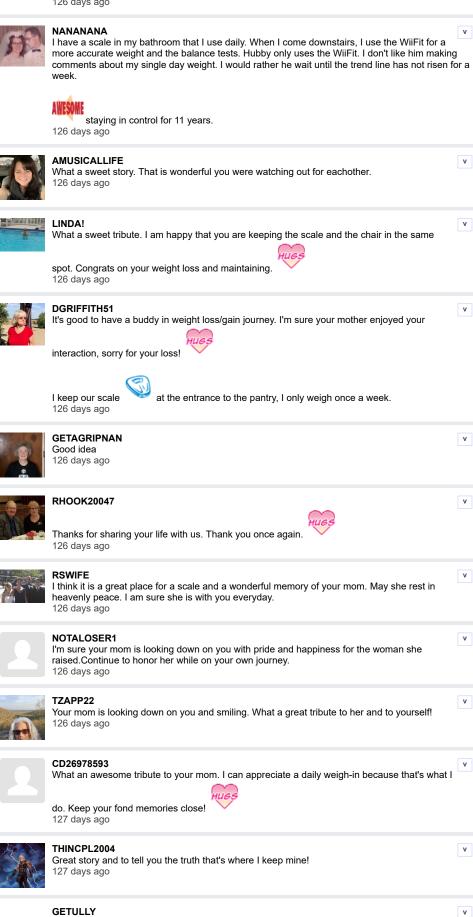
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|---|--|---|--|--|
| Sending unities year loop tools too provide the provided of th | MAW_OH I have mine in the kitchen, but the cats like to bat it around - so it has made its way into the laundry room. 105 days ago | V | | |
| | CHERIRIDDELL What an awesome story, I loved the photo of your Mum and I am sure she would be thrilled to know she continues to inspire you. 119 days ago | V | | |
| | ALIHIKES Another great blog. I loved the story of the mutual weigh ins with both you and your mom. And it is great that you have maintain your weight loss for so long. Your mom has a beautiful smile. 123 days ago | V | | |
| | DONNA_CPS2 Thanks Good Morning | V | | |
| | MARTHA324 I'm sorry to learn about your Mom, but what a sweet way to share her last years with both of | v | | |



you focused on health on such a positive way. Bet your weigh ins remind you of your Mom which makes weighing in a positive experience.

Thanks for sharing your story. 126 days ago

A great memory!

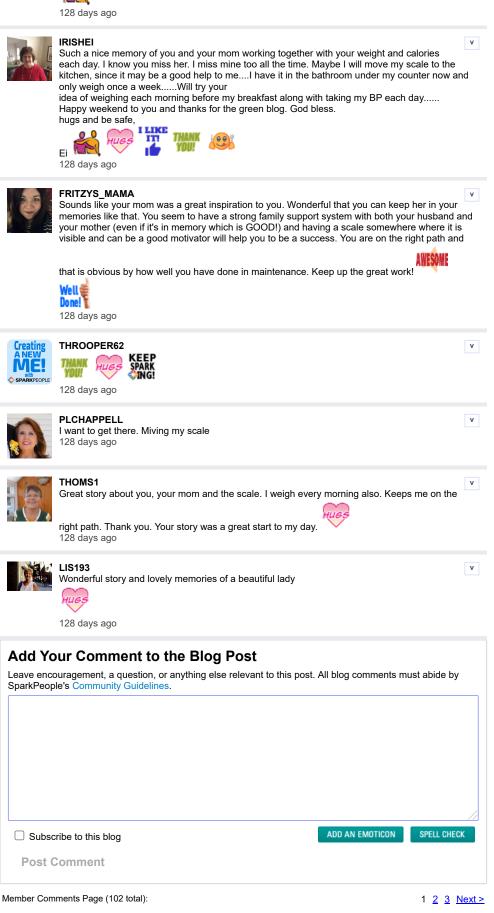




| 10 | JAMER123 Mine also used to be in the kitchen but we removed a wall and it would sit in the center of the area so moved it to the bathroom. Good to know the reason you kept yours there. I have no reason besides having it handy and on a sloid floor. 127 days ago | v |
|----------|---|---|
| | HBUTTERWORTH This was a great blog. I also have my scale in the kitchen so I remember to use it. 127 days ago | V |
| A | JANROLG Great blog! Thoughts and prayers for your mom! She sounded like a sweetheart! | V |
| 2 | AKA_TROUBLE I keep mine in the bathroom so I can use it immediately after I pee when I get up. I love how you got your mother to pay attention to what was happening to her by weighing together every morning. 127 days ago | V |
| S | PATSGIRLY I love this story! 127 days ago | V |
| | AZMOMXTWO what a great way to remember your sweet Mother and to remind yourself to do good by yourself 127 days ago | V |
| | JPPERSELL Aww your story is so sweet. I hope that I can lose the weight. I am having a really hard time! My doctor is going to put me on diet pills but they aren't stimulants. They just help you lose. 127 days ago | V |
| 6 | 4EVERDIETER Touching post. Thanks for sharing! Mom's are special! 127 days ago | V |
| | PASTA3 Well Great story. Done 127 days ago | V |
| 50 | JUNETTA2002 Thanks for sharing 127 days ago | v |
| | BIGRENTMAN Thank you for sharing 127 days ago | V |
| | CD15653250 Lovely blog. 127 days ago | V |
| | WALKINTOFIT Cool story about your mom and you doing something together in maintenance is a watchful time to keep it there. 127 days ago | v |
| | | |

| | RACHNACH KEEP SPARK SPAR | V |
|----------|--|----------|
| | SHAKERATTLEROLL Thank you for the beautiful insight to honor your Mom. She did such a loving job without truly even realizing it for she got you started on your weight loss journey. Beautiful picture of her. The you again. 127 days ago | v ank |
| | GRAMPIAN Inspiring. 127 days ago | V |
| Yß | WATERMELLEN What a lovely tribute to your mother she is still helping you (as you helped her!!) 127 days ago | V |
| | KITTYHAWK1949 KEEP SARK 127 days ago | V |
| | FARMERGAL4 Great blog! I bet mom is smiling down at you! It is wonderful how you inspired each other! 127 days ago | V |
| | UPTOIT59 Lovely story of a mom and her loving daughter. | V |
| P | DEE797 Thanks for sharing the story about why your scale is in the kitchen. Such a lovely memory of your Mom and you taking care of yourselves. 127 days ago | V |
| - BARA | ETHELMERZ Interesting and logical! Keep that scale there. 128 days ago | V |
| | GRAMDEB16 Thanks for sharing such a great memory. 128 days ago | V |
| | PHATPAT18 Thanks for sharing your story. 128 days ago | V |
| R | SUMMER33 Wonderful story about your scale and your momsuch a wonderful memory each time you see that chairi lost my mom (at 100) she taught me the value of being active and eating well. 128 days ago | V |
| | MSLZZY What a lovely lady and a wonderful way to remember her. Nothing looks out of place to me. 128 days ago | V |
| | DSJB9999 That's the best reason to have your scales in your room and the chair too. She looked a lovely lady and I think its great to show her what you were saying rather than just in words! | V |





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.