



BROOKLYN_BORN

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Why is my scale at the entrance to my kitchen?

Friday, January 29, 2021

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I know it's not a common location for this item.
It's the first thing I see when I enter in the morning still in my PJs.



I mentioned this in my last blog so I thought I should explain.

When I moved it from the bathroom to its current visible spot, I wasn't thinking about me. It was 2008 and my mother, who lived with us since Dad's death, was losing weight along with her appetite. I noticed her eating less and less and thought it would help her awareness if she stepped on the scale first thing every morning.

Once we determined there was no physical reason for the weight loss, I challenged her to record everything she ate during the day and using an Internet site (not SP) I filled in the calories she consumed. In the beginning it was sometimes as low as 700, hardly enough to sustain someone comatose.

To encourage her to be accountable I started to weigh myself right there along with her. While the amount of her weight loss was a shock so was the amount of my weight gain. I had ignored my gradual weight gain for decades with all the usual excuses. I was healthy and fit. I was getting older etc.

When she realized that she had to watch her nutrition and calorie intake, so did I. If I continued along my current path, my 30 extra pounds could easily become 40, 50 or more. If she continued along her current path, she would have died.

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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 for 11 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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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



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



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



DONNA_CPS2

Thanks Good Morning 🍵



126 days ago



MARTHA324

I'm sorry to learn about your Mom, but what a sweet way to share her last years with both of





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



NANANANA

I have a scale in my bathroom that I use daily. When I come downstairs, I use the WiiFit for a more accurate weight and the balance tests. Hubby only uses the WiiFit. I don't like him making comments about my single day weight. I would rather he wait until the trend line has not risen for a week.



staying in control for 11 years.
126 days ago



AMUSICALLIFE

What a sweet story. That is wonderful you were watching out for each other.
126 days ago



LINDA!

What a sweet tribute. I am happy that you are keeping the scale and the chair in the same

spot. Congrats on your weight loss and maintaining.
126 days ago



DGRIFFITH51

It's good to have a buddy in weight loss/gain journey. I'm sure your mother enjoyed your

interaction, sorry for your loss!



I keep our scale at the entrance to the pantry, I only weigh once a week.
126 days ago



GETAGRIPNAN

Good idea
126 days ago



RHOOK20047

Thanks for sharing your life with us. Thank you once again.
126 days ago



RSWIFE

I think it is a great place for a scale and a wonderful memory of your mom. May she rest in heavenly peace. I am sure she is with you everyday.
126 days ago



NOTALOSER1

I'm sure your mom is looking down on you with pride and happiness for the woman she raised. Continue to honor her while on your own journey.
126 days ago



TZAPP22

Your mom is looking down on you and smiling. What a great tribute to her and to yourself!
126 days ago



CD26978593

What an awesome tribute to your mom. I can appreciate a daily weigh-in because that's what I

do. Keep your fond memories close!
127 days ago



THINCPL2004

Great story and to tell you the truth that's where I keep mine!
127 days ago



GETULLY

A great memory!



127 days ago



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



HBUTTERWORTH

This was a great blog. I also have my scale in the kitchen so I remember to use it.

127 days ago



JANROLG



Great blog! Thoughts and prayers for your mom! She sounded like a sweetheart!

127 days ago



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



PATSGIRLY



I love this story!

127 days ago



AZMOMXTWO

what a great way to remember your sweet Mother and to remind yourself to do good by yourself

127 days ago



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



4EVERDIETER

Touching post. Thanks for sharing! Mom's are special!

127 days ago



PASTA3



Great story.

127 days ago



JUNETTA2002

Thanks for sharing

127 days ago



BIGRENTMAN

Thank you for sharing

127 days ago



CD15653250

Lovely blog.

127 days ago



WALKINTOFIT

Cool story about your mom and you doing something together... in maintenance is a watchful time... to keep it there.

127 days ago





RACHNACH



127 days ago



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. Thank you again.

127 days ago



GRAMPIAN

Inspiring.

127 days ago



WATERMELLEN

What a lovely tribute to your mother -- she is still helping you (as you helped her!!)

127 days ago



KITTYHAWK1949



127 days ago



FARMERGA4

Great blog! I bet mom is smiling down at you! It is wonderful how you inspired each other!

127 days ago



UPTOIT59

Lovely story of a mom and her loving daughter.

127 days ago



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



ETHELMERZ

Interesting and logical! Keep that scale there.

128 days ago



GRAMDEB16

Thanks for sharing such a great memory.

128 days ago



PHATPAT18

Thanks for sharing your story.

128 days ago



SUMMER33

Wonderful story about your scale and your mom...such a wonderful memory each time you see that chair. I lost my mom (at 100) she taught me the value of being active and eating well.

128 days ago



MSLZZY

What a lovely lady and a wonderful way to remember her. Nothing looks out of place to me.

128 days ago



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!





128 days ago



IRISHEI

Such a nice memory of you and your mom working together with your weight and calories each day. I know you miss her. I miss mine too all the time. Maybe I will move my scale to the kitchen, since it may be a good help to me....I have it in the bathroom under my counter now and only weigh once a week.....Will try your idea of weighing each morning before my breakfast along with taking my BP each day..... Happy weekend to you and thanks for the green blog. God bless. hugs and be safe,



Ei
128 days ago



FRITZYS_MAMA

Sounds like your mom was a great inspiration to you. Wonderful that you can keep her in your memories like that. You seem to have a strong family support system with both your husband and your mother (even if it's in memory which is GOOD!) and having a scale somewhere where it is visible and can be a good motivator will help you to be a success. You are on the right path and

that is obvious by how well you have done in maintenance. Keep up the great work!



128 days ago



THROOPER62



128 days ago



PLCHAPPELL

I want to get there. Moving my scale
128 days ago



THOMS1

Great story about you, your mom and the scale. I weigh every morning also. Keeps me on the

right path. Thank you. Your story was a great start to my day.



128 days ago



LIS193

Wonderful story and lovely memories of a beautiful lady



128 days ago

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