Wed, 3 Mar 2010
5:37 AM

This is my wellness journal

Last Feb 28 I weighed in, I was 110 lbs.
I decided to do something about it.
I started my wellness journal last March 1,
2010. I wrote it on my smartphone and because
its so smart I can't find the document where it was
saved. :)
As it is, it was a great day as far as I can remember. I woke up
early, was able to eat "right" (meaning less carbo) and walked for
20 minutes around the village while pushing the stroller with
my daughter ever so quietly enjoying being pushed :) I was
able to attend mass as well and then later in the evening my hubby
and I watched a movie.
It was a great day! :)
Yesterday, everything went bonkers. I ate everything and just
enjoyed the day without really focusing on the wellness
program.
Today, I ate (again) anything and everything. But had a
blast playing with Isabel at the Little Gym. Super fun that
one.
I guess I need to make the wellness program more defined... let
me start...
Tomorrow :-)
What's a makeover mom got to do?

Security: Public
Location: Not Specified
Mood: Not Specified
Music: