

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: