

Fri, 25 Apr 2008

10:49 AM

Im starting today =)

Ok, Today is the begining of my diet. I weighed myself today and was alarmed of how much I let my weight get out of hand. But, you know what, I'm ok. That just gives me more motivation to keep going. I am going to use the weight watchers system. I am also going to exersize ALOT. I am not going to get dicouraged of how big I am, its just going to motivate me to keep going.I'm PaigeI'm 165'3160 lbsI'm ok though. I can't wait to begin. I'm going to get my life back, my happy life. If anyone woujld like to join me then please post a comment under this blog!

FOOD LOG (AS OF 9:53PM)

the numbers next to the food represent weight watcher points

Kashi Cereal.....	2
Milk.....	2
Oatmeal	5
Sugar	1
Organic Burrito	4
Nutrigrain Bar	3
Apple	1
Total-----	18

ACTIVITY LOG:

Walked the dog for 60 minutes

MY FIRST DAY ROCKED!!!!

Security: Public
Location: Home
Mood: Impressed
Music: Leavin' - Jesse McCartney

Sat, 26 Apr 2008

3:14 PM

2nd day

Today is going great....I woke up at 9:30 to go for a run and i ran for 2 miles and walked one because my leg was hurting me.

3:15- I'm about to go to the movies with my soccer team and ill bring my own food =>

10:56 - just got home from the movies and i diidnt get to bring my own food but i had a pretzel and a bottle of water and didnt take the popcorn, candy or starbucks offer =>

FOOD LOG (AS OF 3:15PM)

Kashi Ceral.....2
Milk.....2

Organic Burrito.....4
Apple.....1

Pretzel.....3

ACTIVITY LOG

went for a 2 mile jog and a 1 mile walk (due to hurt calf)

Security: Public
Location: Home
Mood: Pleased
Music: The Worlds "Best Friend" Becomes Redefined - Chiodos