

Hi There! I had a much better week this week! I'm down 2.5 pounds which is good, and I had lots of really good workouts,. I got to work out with Lois from Here's the Scoop at Bootcamp on Monday too! People say the mid-point of anything like this challenge we're doing is the hardest part, and I sure hope they're right, because week 5 seemed so hard! I try to keep a positive outlook and see the good in a lot of stuff, but I'm having some serious food cravings. I'm really proud of myself though for not caving to them!

My low point for the week would have to be all the cravings, it makes it hard sometimes to be upbeat, but I have gotten through it. My family and friends have been really supportive as well, and it helps that my best friend is also following a meal plan and doing an exercise routine, so she can easily sympathize.

Boot Camp on Monday was 100's, and while it was brutal, I really think that would be something I'd enjoy doing each week. I figure as long as it's not Burpees, I'm good. (Burpee's are evil! Google them if you don't know what they are.)

Our meetings with Earle over at Simply for Life are the highlight of my week. I really can't say enough good things about Earle. He's such a good motivator and he's really just a genuinely nice person.

My up for the week was getting to spend a night out with my mom and my good friend Jan and going to Montana's and actually being able to eat something on the menu (Fajitas without the tortillas), AND I have been able to increase my workouts because there is a really great gym where I work, and we get time during our day to go down and make use of them.

I just got our meal plan for the week and it looks like pitas are on the plan again this week! So that's exciting, I'll be sure to stop at Extreme Pita and make use of my free pitas. My favorite recipe from last week's meal plan was the Turkey Strips. They were yummy!

Congrats to the Orange team for winning this week! And Thanks to Penny, and the other teams, and Lois, and Jen for all the support and encouragement!

*~ Jess*

Howdy, all. Another week down. I failed to make it to Boot Camp this week due to the lack of sleep I received that day. I work overnights & I just couldn't do Boot Camp AND work on Monday night. That would have to be my low point this week. My up for this week would have to be the fact that I lost another 4 ¼ lbs. I am doing well with my weight loss, I think. I know I could lose more if I buckled down.

My favorite recipe this week is a tie between the chicken curry & the turkey strips... mmm...

I have to say Extreme Pita has been a savior. Thank to Dave and the team over there for the fast fresh and healthy food. Deeeelicious!

Alrighty... Pray to the Sleep Gods for me so I can be rested enough to hit the gym hard & make up for missing Boot Camp this week.

Peace out.

*~ Tim*