

So it's that time again, Week 4 and feeling good. We are as a team doing well, things are starting to become habit. This has been such a learning experience. We would like to give a big thanks to all of you who have been supporting us. It feels really good to have you all telling us we look better because we are sure feeling a lot better. To our wonderful children Brie, Kylie, and Tyler thanks for putting up with us and encouraging our new life style. Our meal plan has changed, and it looks like it's going to be good. Congrats to team yellow for winning this week! Keep it up. So to date pushing an amazing 20 lbs gone and can't wait for the rest to disappear. Corrinna as well had a really good week, worked hard and it show's (meow). Talk to you next week!!!

*Shawn:)*

Week 4 already! WOW! After last weeks weigh in and thinking I gained a pound... I didn't I lost a pound. And this week another 4.5 lbs lost. Shawn lost 5.75 Go red Team Go!

We have changed our menu a little and getting creative. Cooking is exciting again. With the knowledge and the tools that Penny at Big Bears, Jaime at Simply for Life and Extreme Pita gave to us, we have learned that small changes make BIG changes! Speaking of changes, I have noticed my clothes are fitting differently, I fall asleep faster and I look forward to eating breakfast. Eating now is like clock work.

Shawn and I had our first date since starting the challenge and went to the movies. We had water and popcorn (without butter and salt). Usually it would have been a movie buffet...but you know what?? It was easy to say and walk away from it all. We felt good and were proud of each other at the end of the night, that we were strong enough and did it together. We were not each others enablers. Thanks Shawn!

A special thanks to Dr Maholland for the hot/cold packs they will be enjoyed very much...after Monday night boot camps.

*Corrinna*