

Testimonials

You know, I feel really good this week. Back on track, making healthier decisions. :) was 90% healthy for Thurs-Sunday last week and about 70% healthy for Mon-Wed this week. Switching my mindset to have certain days more healthy eating than others has really helped and just feels more attainable. And it has been showing up on the scale and measurements too!

But I can tell you that I have gone from 188 to 182.8. I have been consistent on

Today 12:11 PM

I looked back at the numbers I have... lost 5.5 inches if you count each upper thigh, hips, waist, under chest and chest

Yeah! I'm happy with it and eating way much more food. I feel better with more muscle. My arms are definitely more toned but I want to still shrink them a bit. But I'll keep doing what I'm doing

And I think I've told you this before... but it's an amazing feeling not being paranoid to wear shorts or sleeveless shirts anymore. To just walk in your closet and wear whatever you have and not feel insecure or want to cover up

Starting to lose weight again! The last few days sticking to about 80% healthy. Yay! Also, today I am wearing pants that were way too tight on me before. Woo hoo!

Just as an FYI! But dropped 1.5lbs from last week AND i have my period so I almost feel like that should equal double

To quickly recap though—I have notice a difference in the fit of my clothing across the board (not out of my size obviously but things are looser). Scale has only shifted a couple of pounds (so I know I need to be more strict with nutrition—I'm not eating evenly throughout the day when I'm WFH so am housing food at dinner—I'll track this week though and share it with you) but I am sleeping a bit better and find I have more energy. I'm really loving testing myself with the heavier weights

But I was doing well and I weighed myself and it was down 2lbs.....was nice to see because it's just been creeping up and up

