

HEALTH JOURNAL.....

Monday 6 November 2017

167.4kg

Hard to see myself at that weight and very disappointed in how I look and feel!!!

Monday 13 November 2017

161.5kg

Starting the diet process before the operation and weight loss journey begins.

Monday 20 November

159.6kg

Operation day nervous but excited very anxious not knowing what to expect

Monday 27 November

154.2kg

Little sore recovering this week but feeling confident and excited of changes ahead..... people noticing weight loss which helps motivate

Monday 4 December

151.4kg

Feeling good struggling with certain foods and eating too quick which has made me vomit a few times.....can be frustrating that overfilled uncomfortable feeling.

Monday 11 December

146.5kg

New scales in QT not sure of calibration. Feeling good and more energy..... eating and drinking little amounts and trying to space both out to ensure enough fluid intake and protein.

Monday 18 December

144.5kg

Feeling more energetic still learning how to ensure to balance protein and hydration without over filling.

Monday 25th December

142.5kg

Xmass time was not too bad to manage however did average 3 alcoholic drinks per day. Stomach starting to settle down a little in terms of acid.

Monday 1st January 2018

141.2kg

New scales in Gold Coast but solid effort given xmass and new year week when have been drinking some alcohol (2 drinks a day including a beer now and then)

Monday 8th January 2018

138kg

In snowmass Colorado skiing and feeling good but still adjusting to high altitude but not too bad since dropping some weight. Balancing enough food and water till a little difficult but certainly getting easier.

Monday 15th January 2018

135kg

Been drinking too much alcohol compared to food and feeling a little flat. Some heavy sauces and foods still make me throw up. Sushi and steak is best food at present.

Monday 22 January 2018

133kg

Feeling great and fitting into suits nicely. Threw out a whole heap of clothes too big now. Less alcohol this week and more water which is feeling good.

Monday 29th January 2018

131.4kg

Tough week after very low blood pressure made me faint upon return from New York. After every check up it was dehydration, exhaustion, low iron and no need for blood pressure tablet. Need 3 litres water per day and eat more regular.

Monday 5th February 2018

130.2kg

Drinking much more water and eating more regular so body readjusting and rehydrating. Feeling much better than week before and stronger as was able to do 3 gym work outs without head spins.

Monday 12th February

129.5kg

Slow weight loss this week having too much hydra lite and yogurt which is full of sugar. Now I am hydrated and eating better will back right off the sugar.

Monday 19th February

127.8kg

Back to tennis this week and feeling better after iron and vitamin B supplements from naturopath. Body responded well by dropping some good weight.

Monday 26th February

126.8kg

Good 3 training sessions this week however alcohol 3 nights this

week limited weight loss progress.

Monday 5th March

124.4kg

Solid week exercise and started hitting pads again. One day of alcohol only and having more protein shakes to ensure good food intake.

Monday 12th March

121.8kg

Strong week of good eating and exercise. Feeling more flexible, strong and less head spins happening. Alcohol twice this week but balanced by very clean eating and small meals.

Monday 19th March

120.3kg

Getting close to the 50kg weight loss and feeling good. Slow start to the week due to some nights out however recovered well and strong with some workouts and protein shake only

Monday 26th March

119.7kg

Broke the 120kg had bad week drinking (4 days) trained hard and still lost weight. Need to get stricter and better at diet so I can drop next 20kg.

Monday 2nd of April

119.5kg

Slow weight loss week due to easier and holidays. Alcohol and chocolate have meant no major weightloss. I trained everyday to compensate however it shows how bad alcohol is for your body as weightloss was minimal regardless of training.

Monday 9th of April

119.2kg

Bad week of alcohol and carb loaded food. Easter period is not good for the weight loss journey. Now time to refocus and drop to 115kg by end of April.

Monday 16th April

117.2kg

Strong week back eating well (no sugar) and working out. In Vegas for 5 nights however balanced good food with alcohol and 3 training sessions so had a good week in weight drop.

Monday 23rd April (goal smashed of being 120kg by my birthday)

115kg

In New York for work so able to train lots and eat minimal. Feeling tired due to long days and one adjustment (not sleeping longer than 4 hours in one go). Drinking most nights however not a lot.

Monday 30th April

113.1kg

Back from travelling and relatively healthy and feeling good. Lots of hydration and small meals. Training and massage also have helped with weight loss with the body feeling good.

Monday 7th May

112.2kg

Strong week training and getting fitter and stronger. Found myself eating more this week also which has resulted in less weight drop. Feeling positive, strong and confident now that I'm down to 40 inch waist

Monday 14th May

111.4kg

Not a strict week with diet but still trained hard and often. Body toning well and feeling very strong and energetic.

Monday 21st May

111 kg

House boat week so drinking 6 nights no exercise. Being lighter than last week was a strong result considering the weeks events. I did control my food intake to counter balance the alcohol.

Monday 28th May

110.3kg

Dropping less on scales but dropping waist size. Doing 4 heavy weight sessions per week now which will slow weight loss in kilograms. Need to get stricter with food and alcohol.

Monday 4th June

107.9kg

5 hours of training this week and eating bigger breakfast meals has resulted in good weight loss. Feeling strong and confident.

Monday 11th June

107.5kg

A big week of travel and camping where we are too much sugar and alcohol so weight loss was minimal. Trained 5 sessions which assisted in no weight gain.

Monday 18th June

106.8kg

Solid week considering a QUEENSTOWN trip and a little too much sugar this week. However compensated with swimming and a big

hike up the QT hill in record time. Feeling strong.

Monday 25th June

106.2kg

Good week of exercise and plenty of natural steps as moving house. Need to watch the sugar cravings as this won't help weight loss.

Monday 2nd July

105.2kg

Good week skiing and training to balance out increase in alcohol. Watching the food intake but still having a little too much sugar.

Monday 9th July

104.2kg

Bad week of drinking everyday and not regular exercise. However have been watching calories from food so weight loss is still happening. Need to get stricter to break the 100 kg barrier.

Monday 16 July

103.1kg

Another week on holidays so drinking everyday but balancing with bigger breakfast and little dinner along with some solid workouts and 100 crunches per day.

Monday 23 July

102.5kg

Slow week due to travel where pattern is out of whack. Little training and drinking alcohol every night.

Monday 30th July

102kg

Eating more sugar as in Italy so diet not good and no training being done. Too much granita and brioche for breakfast.

Monday 6th August

101kg

Started training twice a day in New York and eating less sugar so getting back on track.

Monday 13th August

100.2kg

Trained and food was good however a throat infection had me eating cough lollies too much with sugar.

Monday 20th August

99.5kg

Need to tighten food with less sugar and carbs as weight loss getting harder as I have less to lose. Shape is good and feeling great.

Monday 27th August

99.5kg

Very good during week however too much sugar and alcohol over weekend so no weight loss. Time to get strict on sugar and alcohol in order to drop weight.

Monday 3rd September

98.8kg

Solid training this week increased weights and dropped the reps to build more muscle. Need to watch alcohol intake as weight loss slows down further as have less to lose.

Monday 10 September

98.2kg

Strong training week getting stronger and upper body getting leaner. Nearly a 36inch waist so getting close to target.

Monday 17th September

97.6kg

Strong training sessions whilst travelling and eating healthy. Seem to be losing inches around waisted more so than weight on scales. Now a 36inch waist.

Monday 24th September

96.8 kg

Had a little too much sugar and sweets this week than normal. Need to watch this moving forward as not much weight on scales to drop.

Monday 1st October

94.8kg

A solid week of healthy small meals and training hard to make my target of being under 95kg. Yes a tear was shed and can't believe I made it. What a journey and now to ensure to stay under this number.