

This week is my last week blogging and won't be weighing myself until the end of the week. I'm hoping for another ½ kilo which is about what I have losing each week. I intend to continue with the shakes for another month or so after. I still have a few more kilos to lose and want to reach my goal of 10kg before summer.

Exercise is a big part of every day and I'm feeling fitter than I have in a long time.

The shakes are still great and the cherry bars are still fantastic.