

Here are my measurements you requested Kathleen:

Weight 74kg, Waist 94cm

I have reached my next mini goal of losing 10 kilos and 12cm off my waist. It's just an amazing feeling to have achieved this in such a short time. I am still very motivated and I have found setting small goals along the way easier, and before long the small goals turn into big results.

I look forward to my ULTRAslim shake, especially my morning shake after I have exercised. I am usually hungry and having the shake is a quick and easy solution. My hunger subsides as soon as I drink the shake.

My will power was definitely tested yesterday, Ross, the children & I were working in the garden and realised it was late, so my husband and children went to buy some take away lunch. He came back home and called me to sit outside and eat with them. I asked what he had for me and knowing I'm only eating healthy he bought me some fresh fruit. I found it a bit hard to smell their takeaway, so the only way I could stop from being so tempted was to go inside and make my chocolate shake. I think I struggled because I was so hungry, so my lesson is don't forget to eat lunch because I could have so easily taken the easy option and eaten that take away.

On the weekend we went to the markets and we bought heaps of fresh fruit and vegetables. How times have changed three months ago we would have come home with junk food.