



1. What frustrates me the most? My lack of health, lack of fitness. I hate that it took me hours to find a picture of myself that didn't make me sick. Even this one I enclosed... but sadder still was how few pictures I have, I used to always be in the picture and now I hide. And Oh, how I want more energy!

I am a single mom and I have two small kids. I want to teach them a healthy lifestyle - but I am a poor example. I don't want to have to worry about my future and I want to be here for my kids 100%. My weight has made or added to my lowered self confidence after my divorce.

2. Typical Week - I tend to get up at 6 or 7. Then I get the kids ready for school, get them to their bus stop, then I head to work. I am done about 5:30. Then it's get kids, dinner, homework, bedtime by 8:00. Then umm... I'm beat. Oh. And kids' soccer starts soon! I recently lost my job, I am more flexible

3. How will I do this? I am blessed with a lot of family and friends' support. My parents live 1 mile from me. So the early morning class times will work best. I can get home and get the kids going. I am going to make better use of my evenings to stay organized for this commitment and on top of my home life. And work hard! I need this! I know that who I am on the outside is not who I am on the inside. But the outside me is a lot "bigger" right now. I have to do something. Losing my job was the final straw and I feel like God has given me an opportunity to restart my life.

4. Why? What would I do with the weight I don't want?

If that weight is on my shoulders - in my mind - keeping me from so much. That weight is in every step I take causing me to tire from walking across the yard ~~from~~ with my kids. It makes me unable to breathe easily just running up and down the stairs. It ties me down. I want to wear pretty dresses, and date again 😊. I don't know how I got ~~this far down~~ this point. Well, let me take that back - I do know. I've allowed my circumstances and all of the awful things that have happened to me in the last three years become my excuse to eat whatever I wanted and stop caring.

I know my divorce made me feel so poorly about myself I stopped caring about how I looked. I literally felt like if my own husband didn't love me, who would? I have come so far since then, and I have learned some very valuable lessons. I know that the opinions of others don't define me. And believing in myself isn't cheesy, it's REAL. And that's who I want to be. I want my self confidence back. I want to finish my second chance strong, healthy, and unstoppable.

I want to win this challenge. I want to say goodbye to this weight, and have a healthy lifestyle I can teach my kids. And frankly, I want something good to happen. I know you guys can help and I could never afford this on my own.

5. Goals.

1. Clean out my cupboards, change my recipe / food mindset and develop good habits I can teach my kids!

2. Ummm... lose weight. I would love to wear a new dress in a smaller size to

my cousin's wedding.

3. Have more energy and an easier smile!

6. After... wow. I honestly don't know. All I can think about now is that this is an awesome opportunity set before me. I don't want to waste it. I want to succeed. If I knew about this contest last year I never would have entered because I didn't believe in myself then. I know I can do this - lose weight, gain energy, and start fresh. I want to be on solid ground when this is over - with a strong foundation.

Well I guess that's it. Thank you for reading my ramblings. And I hope I win!! Thank you Thank you Thank you for all you do and in believing in people like me. It's an awesome job you all have and gift you have been given.

Fatic Rodgers