

## **The fat.....and the sane....**

Okay...let me see if I can manage creating a man blog today without tearing out my hair....I'm tense....stressed out.....

Why????

Well ladies and gentlemen, I am the single parent to 4 young ladies....OMFG!!!!!!!!!!

In my next life Ev is getting an ass whoopin for this! :)

Don't get me wrong...I love my children, I mean...I am a father first in this life....I guess....I think....WTF.....

lol

I find myself drawn to the rope department of the Home Depot....just staring at rope and trying to calculate just how much I need....how much weight each type of rope can manage....which rope won't burn....

Like come on....what in gods name did I do to deserve this....Hey...don't all raise your hands at once!!!!

Okay....the weigh in....

I weighed 239 pounds this morning, still under 240 with 4 shwarmas in me....maybe...just possibly I had 4 small chocolates, 8 cookies and a baklava...or 2....

I was hungry.....

I also lifted at the gym yesterday.....and as soon as I'm finished this blog I'm going back to the gym....lift a bit and get 5 k under my belt.....

I'll be in the 220's by the end of the month...less beer....easy peasy

Arthur will not be going to the gym today....he has soccer...He is at 194 pounds.....I'll have to get a goal on Arthur...I figure he is up a pound of muscle already...

Let's see....Beagle was on the track suits and doritos last night, alas he still managed to lose weight because he simple didn't eat all day....nope starvation and redbull....why not! Besides, what's the chance he will have a heart attack?

It has to be under 87%.....



Parker....he is almost down to a Queen sized shirt...at 252 pounds he is fading away. Parker would almost join the gym...almost. He won't, he is simply fat and lazy....

The chance of Parker having a coronary event in the next 10 years.

98% I'm not kidding



The italian stallion is at 174, he says he is eating too much....come on....Vinnie really doesn't need to lose any weight, the same goes for Ayhan at 188 and Pirouz at a low low 158.

Again....Pirouz and Beagle at the same height.....158 vs 197.6.....hmmm

I'm off to the gym....tonight I'm taking my snowboard out.....it's time to sit in snow and dream about times past.

Babe....I love your gd face.....but lord jesus....this is a lot of work! XO