

## Focus...

Here at the man blog we do try to lose a pound or 2 once in a while....these events, sometimes referred to as diets, do at times lead to weight loss.....not often...but once in a while....

Serious sustained life changing weight loss?

.....NO.....

but do we create a bit of room for chicken wings....you betcha!

We may as well start where the buck stops...Yours truly...

I did not have a single ice cream sandwich this weekend....ZERO ice cream sandwiches!!! NONE!

Last night I did have 2 dilly bars....Syd works at DQ....wtf am I supposed to do....I have to support the place!!!

Let's see....I had cake, chips and dip, chocolate bars, bon bons.....I generally had just about everything a grown man shouldn't have if he wants to drop a pound or 2.

I did do the jillian michaels 20 minute shred.....if you think 20 minutes of that can battle against pudding infused cake....no sir....incorrect.

Yours truly weighed in at 242.4 this morning....ok ok....today I attempt to stop killing myself with crap food....yes Donald....I'm eating too much.....that frigin Donald....working his ass off and making the rest of us feel badly....I wonder if he is cheating....he seemed a bit .....different when I last saw him.....

### Richard

Richard told me this Saturday that he was down 12 pounds...I believe that puts him at 376 libbies....I'll have to confirm. Richard is actually watching what he eats and getting a bit of exercise in. I do believe he will get under 300 and it will be great seeing it happen.....Donald has not personally attacked Richard yet.....I think as long as his hormones stay in check and he isn't juicing to bulk up.....it should be fine.

### Russett

Mr. Russett is below 200 pounds for the first time in a year offering up a weigh in of 199.6

Sean won't let me have the jelly beans that were left on his desk with 20 pounds of other

candy...and he may not be eating them himself either....

Past diet type events have proven successful for the Beagle....short term....



There were man blog challenges in the past that proved successful....as we can see from this milestone photo from days long ago....

### **Krista**

Krista...being a young lady....doesn't have the testosterone potential of her competition here....and Donald....well...I'm not sure the current medication Donald is taking to bulk up should even be permitted....not fair for us men...and not fair to Krista in many ways!!!!

Krista weighed in this morning at 249.6 is that a miracle....I mean she is working out all the time right? This weekend after gymnastics Krista's daughter asked to go to Pizza Pizza, she remembered it being yummy and Krista can't refuse the pleas of her daughter. While Krista was awaiting her food a robust man entered with his 2 children...both heavy....The fit looking chinese man behind the counter took their order of 2 pizzas...which got Krista thinking....Why are Chinese people usually thin while we North Americans are Obese....Why do most Chinese people control their eating while we act like it's the last time we will see food...it's not like we are starving....

She says she "thinks we should follow a "Chinese diet" and I don't mean buffet style!"

....that's a quote kids....true story.....when I asked Krista if she was sure I should post this.....well...I won't get into it....

Let me just say....if this kid isn't one of your friends you're missin out!

## Donald

Donald is bulking up! He doesn't need a diet...lucky for him he will never know if he would be proud of a bit of extra weight or if he would suffer fat shaming.

Me personally....I'm lucky...if I hit the gym hard I can pack on muscle...even at my age...and eat...my lord I can put back calories at the gym.....but Donald is one of those skinny dudes that finds it hard to pack on muscle....

.....Now I'm wondering if Donald isn't on some sort of hormone therapy in an attempt to make this years Arnold's.....

I'm seriously worried!!!!

Anyway, Donald ate prime rib on Friday night....the entire thing.....on Saturday morning he half a pound of bacon....5 eggs and 5 slices of toast....Donald crushed a handful of pills prior to going to the gym on Sunday....I'm not sure what hormones he was taking but I think something isn't right.....



Geezus....Donald is packing it on in all the right places....

I'm not sure he is going to be casting for a hero in the next Conan the Barbarian movie.....but I'm sure he will find a place on the big screen somewhere.

No weight on the Donald....but I'm guessing he is up at least 5 pounds and.....one cup size.....or....maybe not....

## Seamus

He lost a pound this weekend...down to 381 pounds. I'm not sure if he had an active bladder which led to the single pound he lost....we shall catch up with him in depth this week!

## **The Quote of the Day**

*The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.*

*Mark Twain*

He may have been onto something....but I wonder if Donald is too....something BAD.

That kids is today's man blog....I really must stop with the candies....seriously!

Babe...fun as usual. XO