

Some things NEVER change...

Groundhog days...

RUSSETT



There have been so many hard fought groundhog days here at the man blog...years and years of them...

No matter how hard you starve...you can not lose a pound....not an ounce!!!!

Mr. Russett...the sugarbear...is stuck in a groundhog cycle...every morning he wakes up...at anytime...he looks around and realizes...this is a new day! My starvation will be rewarded on this day...

No sir....as the Beagle steps onto the silver monster he is greeted with this....



We must consider though....he hasn't been under 200 pounds in a year...and he has been now for 3 straight days....He hasn't eaten in a week....

Not sure what keeps him going at this point...but he is managing to get his base calories from somewhere....

Is he eating whats left of his muscle mass...or his grey matter....

Time will Tell

SEAMUS BROWNE

wowzers.....I haven't heard from the big boy in 2 days...the last time we spoke he told me that he was timing how long it takes for sour kids candy to melt in a can of Pepsi....he was amazed to realize that the rate at which sour kids melt in Pepsi is affected by thermodynamics....a cold can of pepsi melted the sour kids slower than a warm can....

Anyway, Seamus was on his second dozen Pepsi's when I spoke to him...he was pretty much shattered at that point...between gummies and pop he had managed several pounds of highly refined sugars...

His weight....last he checked....390 pounds.

My lord.....

RICHARD D'AOUST

I think Richard is actually taking this seriously....he is actually watching what he consumes....but no weight in...he only weighs on Fridays....

Guess what that means?



Richard is burning Cals kids....

KRISTA KELLY

Krista seems to be on the HTG diet...that's the one where you lose a few pounds and then demolish the fridge.

On Monday Krista was under 150....remember....I may have said 250 but I get mixed up with my hundreds now that we have a big boys club....

Krista Celebrated being under 150 with...a bag of gummies and some popcorn..and drum roll.....

Up...Tuesday she weighed in at 150.4. We had a wee chat about diets and stuff during which Krista told me she was a fortune teller of sorts.....geez....I mean....I've made a lot of lofty claims in my life...like I'm going to lose 30 pounds in 30 days....but...if I could see the future....I would already know there is zero chance of that....

Regardless Krista told me she had these feelings....she knows stuff....future type things....



Well Krista is sure of one thing....she gained...weighing in this morning at 151.2 pounds....this she blames on her HUSBAND....

lol

She claims he comes home with chips...he is a 'Feeder' she says....chips AND pepsi....shhhhh...don't let Seamus find out you have Pepsi...

Anyway, Garry is off to England tomorrow...Krista thinks she will lose weight while he is gone.....

We shall defo know if the crystal ball is telling the truth won't we....

CAPITONE DONALD RAMSAY BUCHANAN

Now that the Capitone is seriously bulking up we will have to address him with a bit more respect...or suffer the consequences....and no one wants to mess with a man in the midst of a steroid induced rage.

ZEE capitone Ramsay Buchanan is up again, hammering the scale at 135 pounds, up from 127...major gains....I hope he forwards us an updated selfie tomorrow...

YOURS TRULY

Light weight!!!! PEANUTS!!!!

I'm down to 236.6 pounds....but...it's Wednesday.

Last Wednesday I weighed 236.4...my low of this round of man blog dieting....I then managed to get to 242 overnight...Wednesday night....

...imagine.

By the way...I have had 2 dilly bars each of the last 2 nights....so they aren't the issue.....

I will attempt to take it easy on the donuts tonight.....

The Quote of The Day

Somewhere there's a score being kept, so you have an obligation to live life as well as you can, be as engaged as you can.

Bill Murray

I wonder what my score might be....I do like to live life...I must...I try to live with passion...it isn't always easy. Living life can be tiresome....and much of what I have is given to my children....I make that choice....

But I do live....and I like a great laugh every single day.

Babe....I love your face.

XO