



WEIGHT LOSS JOURNAL, JULY 17:  
CHARLESTON STEAK AND SEAFOOD,  
ANOTHER SETBACK. MY PREVIOUSLY LOOSE  
HALTER TOP DRESS HAD GOTTEN VERY  
TIGHT, *SOMEHOW*, BUT I WORE IT ANYWAY.

IT SPLIT UP THE **FRONT**.  
HOW IS THAT POSSIBLE? IT  
WAS AFTER SECONDS ON  
DESSERT, BUT STILL...

WEIGHT LOSS  
JOURNAL AUG 10: KIM  
HOUSE KOREAN GRILL:  
**NEVER. WEAR.  
BUTTONS. TO  
DINNER!** I KNOW I  
HAVEN'T BEEN LOSING  
WEIGHT, BUT I DID  
NOT EXPECT BUTTONS  
TO GO FLYING.

I SOOTHED MYSELF BY  
FINISHING OFF TRAVIS'  
LEFTOVERS IN THE CAR.



WEIGHT LOSS JOURNAL,  
SEP. 25: GORDINI'S  
PIZZA BUFFET. PLANNED  
AHEAD, WORE STRETCHY  
JERSEY DRESS. NO  
RIPS! UNFORTUNATELY  
THAT MEANS NOTHING  
KEPT ME FROM GOING  
BACK FOR FOURTH  
HELPINGS. ALSO, I  
THINK TRAVIS IS PICKING  
CHEAPER  
RESTAURANTS...

WEIGHT LOSS  
JOURNAL, OCT. 27:  
WELL, JOURNAL...  
IT'S TIME TO FACE  
THE FACTS...

