

Hi. Paul here again. Today is kind of a landmark day. It is day 100 of my Optifast journey. And like I've said many times before, looking ahead from day one, day 100 didn't seem attainable. But here it is. Things continue to go pretty well. I am down about 4.8 pounds from the last time I checked, which I think was day 85. So still heading in the right direction.

The pounds are getting harder to lose. I think that that was to be expected. That's what my provider and my dietitian told me, that the longer you go on this, at first the weight is going to come off a lot more easily. And they said two to four pounds a week, and so I'm still on track. It would have been probably a lot easier had it not been my birthday last Saturday. I'm not going to tell you what I ate, but it was great. So that probably set me back just a little bit.

One other thing too about the poundage, even though I know it's not really about that, I think that it's really about the overall health benefits. But it is a good indicator of where you're at in terms of progress. I think one thing I failed to mention is that I've lost six inches in my waist. And I remember once I heard that for every 10 pounds you lose you lose an inch in your waist, in my case, that happens to be pretty accurate. So that's a good indicator of progress that I've made, and I want to continue to go in that direction, so which is why I'm going to continue on the meal replacement plan for a while.

I don't know how much longer I'm going to be on the meal replacements. So this is going to be my last blog for a little while because what I want to do is I want to continue on this particular meal replacement and drop some more weight, and then eventually get into what's called a transition phase. And the transition phase is where you start to integrate food into your diet in addition to the meal replacements, eventually eating fewer meal replacements, and then eating just regular food. And of course, you talk to your dietician and start talking about all the foods that are going to benefit you and all the ones that are going to sidetrack you.

So that's going to be happening sometime. It could be in a few weeks. It could be in a few months. When that happens, I will check back to you, and I'll let you know what date that is as far as how many days into my Optifast journey. The last thing I want to say though is that overall, I am down 61 pounds.

And I'm tempted to say 62 because when I checked there was something like 61.8 pounds. And my provider said, well, we could round that up to 62. And I thought about it. But you know what? I'm not going to do it, and I'll tell you why. This guy right here, Ted Williams, Boston Red Sox, in 1941, Ted Williams was chasing a 400 batting average. Nobody had ever done it before.

On the last day of the season heading into a double header, he was batting 3995. They told him that they would

round that up to 400, and then he would be the first hitter, technically, to hit 400. But he said, no. No, I'm not going to do that. I want to earn it. I want to earn 400.

So what did he do? He went out there risking not hitting 400, because he could've gotten hit hitless that day, or he could have maybe got a hit, but had so many at bats that his average dropped below 400 for good. No, he didn't do that. He went out there, and he got six hits, an eight at bats, and ended up batting 406.

So I'm not going around this up to 62. I've lost 61 pounds, because if I lied about it and rounded it up, if Ted Williams were alive today, he would slap me upside the head and it would just be a bad thing. So for now, I'm just going to sign off on day 100. I will be checking back in with you in the not-too-distant future. I'm not exactly sure when that's going to be because I don't know when I'm going on that next transition phase. But until I do, wish me luck.