**My 2009 tweets when I made great progress on weight loss…**

**RobertaBR**

1. Yikes! Up 3 lbs this week (-30 overall). Time to buckle down and stop feeding my face [12:57 PM Sep 10th, 2009](http://twitter.com/RobertaBR/status/3894710496) via web
2. 3rd karate class after 16 year hiatus. What a workout! Worth 8 ww activity pts in 1hr [2:20 PM Aug 18th, 2009](http://twitter.com/RobertaBR/status/3390940183) via web
3. Finally got my Oregon drivers license, Yaay! DMV was friendly, no lines, but they checked my birth certificate & SSN docs 5 times... [10:59 AM Aug 14th, 2009](http://twitter.com/RobertaBR/status/3312184602) via web
4. @[Patuxent](http://twitter.com/Patuxent) Thanks for the Happy Bday wish [2:44 PM Apr 30th, 2009](http://twitter.com/RobertaBR/status/1663166666) via web [in reply to Patuxent](http://twitter.com/Patuxent/status/1650783839)
5. I did it! Down 26.6 lbs in last 15weeks. Nice Bday present to myself :) [2:44 PM Apr 30th, 2009](http://twitter.com/RobertaBR/status/1663160364) via web
6. Gained 0.6lbs this week. Not bad considering... I'm motivated to hit the 25lb milestone by my birthday. [12:57 PM Apr 2nd, 2009](http://twitter.com/RobertaBR/status/1440893856) via web
7. He asked for a piece of backup data that was exactly what I'd worked on late last night, so I could jump right to pretty graphs of it. [10:58 AM Mar 31st, 2009](http://twitter.com/RobertaBR/status/1426222866) via web
8. Happy day! I just got really positive feedback on my project from someone we need as a supportive partner :) [10:57 AM Mar 31st, 2009](http://twitter.com/RobertaBR/status/1426215003) via web
9. Finally getting online to check email. Had fun with family at the zoo -- with sun, rain and hail. Portland weather can't make up its mind [9:40 PM Mar 29th, 2009](http://twitter.com/RobertaBR/status/1416279698) via web
10. Doña gets to paper mache' today. Lots of coaxing required to get her moving today. She liked having her clothes talk to her as she picked. [8:25 AM Mar 27th, 2009](http://twitter.com/RobertaBR/status/1401844309) via web
11. Forgot my coffee at home :( But remembered all the paper mache makings for Doña's preschool. [8:44 AM Mar 23rd, 2009](http://twitter.com/RobertaBR/status/1376433616) via web
12. Replacing batteries in kid's toys. Next is bouncing between work and house cleaning. [11:00 AM Mar 21st, 2009](http://twitter.com/RobertaBR/status/1366992273) via web
13. WW update: I hit the 10% milestone, overall -19.8lbs, this week -2lbs! Yaaay! [12:23 PM Mar 19th, 2009](http://twitter.com/RobertaBR/status/1356453836) via web
14. @[MarkusQ](http://twitter.com/MarkusQ) Congratulations on the toughest question! You must have been on a roll, 235 only took an hour? [12:20 PM Mar 19th, 2009](http://twitter.com/RobertaBR/status/1356436598) via web [in reply to MarkusQ](http://twitter.com/MarkusQ/status/1355793269)
15. heading home. Happy that my new phone battery means my earbud works again [3:55 PM Mar 13th, 2009](http://twitter.com/RobertaBR/status/1324738676) via [mobile web](http://m.twitter.com/)
16. weight watchers weigh-in, lost another 1.6 lbs [11:50 AM Mar 12th, 2009](http://twitter.com/RobertaBR/status/1317849521) via [mobile web](http://m.twitter.com/)
17. @[Patuxent](http://twitter.com/Patuxent) -- Re: yummy GS Trefoils, I remember you used to love Lorna Doones (similar shortbread cookies) [4:52 PM Mar 6th, 2009](http://twitter.com/RobertaBR/status/1290997207) via web [in reply to Patuxent](http://twitter.com/Patuxent/status/1266286580)
18. This endless cold has knocked my IQ down many points, as my eyes weep & face wants to fall off. Making data analysis rather challenging [4:51 PM Mar 6th, 2009](http://twitter.com/RobertaBR/status/1290993405) via web
19. Updating/adding tiinnyy little details to a 100 page document based on notes spread across a dozen sources - both brain & PC bogging down [3:12 PM Feb 27th, 2009](http://twitter.com/RobertaBR/status/1260186178) via web
20. @[Patuxent](http://twitter.com/Patuxent) Congrats on another Geocache. I should have checked if they have one by Multnomah Falls -- we went there for brunch on Sunday [10:51 PM Feb 26th, 2009](http://twitter.com/RobertaBR/status/1257179528) via web [in reply to Patuxent](http://twitter.com/Patuxent/status/1256330522)
21. We had an inch of snow this morning. So, tonight I'm studying my Western garden book to be planning (hoping?) for spring. [11:47 PM Feb 26th, 2009](http://twitter.com/RobertaBR/status/1257172816) via web
22. Dipping my toe into twitter world... [12:58 AM Feb 25th, 2009](http://twitter.com/RobertaBR/status/1248465686) via web