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Out of Disk Space

<http://www.homeschoolfitnesscoach.com/blog/out-of-disk-space/>

I didn't manage to get my workout in yesterday. I ran out of disk space on my webhost site and didn't know how to increase it. I fiddled around with it too long before sending an SOS to support. I ended up doing the Pyramid Pulse II workout today. Everyone else on this challenge is enjoying a week of easier workouts while I am playing catch up. School has been on schedule this week. I spent the last two weeks drilling the days of the week into my little girls' heads using the Adams Family theme song. So, we took this week off and just let them play. They are still singing the song and moving the hungry caterpillar along the wall where I put large labels for each day. I really enjoyed this unit study. My husband was really surprised at my grocery shopping savings yesterday. It was fun to see the look on his face. So, now I will attempt to do even better next week. I have a lot to learn about coupon stacking and such, but my competitive spirit will get me through the learning curve. Here were the meals today: #1: 1/2 cup cottage cheese, frozen blueberries, 12 almonds and a cup of coffee #2: Post workout shake of 1 scoop protein powder, frozen blueberries, 1/4 cup coconut milk and 1 cup water. #3: Leftover chicken soup from last night's dinner. #4: apple and almonds #5: Teriyaki pork butt roast, steamed broccoli drizzled with olive oil, balsamic vinegar and walnuts #6: Protein pudding Post from: Homeschool Fitness Coach

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