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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Monday, March 9, 2015 8:08 PM  
**To:** [REDACTED]  
**Subject:** Re: Need some motivational words...

so am i

On Mon, Mar 9, 2015 at 4:02 PM, [REDACTED] <[REDACTED]> wrote:

A six pack hidden in a cooler is better than a fa= stomach!!! we should ask Emack or Sloanes to make a  
creamsicle flavor to =olve the issue. New ice cream store on South County is very high in fat!=C2💎

On Mar 9, 2015, at 4:01 PM, j=ffrey E. <j=evacation@gmail.com <mailto:jeevacation@gmail.com> >  
wrote:

it looks =ike a six pack hidden in a cooler

=div class="gmail\_quote">On Mon, Mar 9, 2015 at 3:58 PM, [REDACTED]  
<[REDACTED]> > wrote:

better than nothing!

On Mar 9, 2015, at 3:57 PM, jeffrey E. <jeevacation@gmail.com</=>> wrote:

i m still getting subpar sixpa=k

On Mo=, Mar 9, 2015 at 3:56 PM, [REDACTED] =rote:

Proud of you for going to the gym!!!! Im very tired but enjoying myself = lot so I think  
that's what is most important

On Mar 9, 2015, at 3:54 PM, jeffrey E. <jeevacation@gmail.com</=>> wrote:

just came from my gym. =C2💎 saw my reflection so i understand the issue.

On Mon, Mar 9, 2015 at 3:50 PM, [REDACTED]  
<mailto:[REDACTED]> > wrote:

I know — you are right its just disheartening to put so much time and effort into something and get subpar results. What number should I call you at later?

On Mar 9, 2015, at 3:49 PM, jeffrey E. <jeevacation@gmail.com> wrote:

I tend to think of these things like a game, you didn't win, but you didn't really lose. it is a good lesson on many levels. you are so extraordinary in so many things, it is healthy that every once in a while you are reminded that you are human. these results will have no long term effect on your life or your career. try to enjoy the process.

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