

My Amazing Wife + Why I Went A Day Without Coffee

Description

Going Mom, aka my amazing wife, has always been ah-mazing since the day we met, and this past weekend was no different. Itâ€™s been over 2 years since Iâ€™ve been sick, let alone going a day without coffee or fitting in a âœœneededâœ• workout, but Kelley took care of everything in true awesome wife/mom style.

On Friday, I started feeling a little *off*, and not like my âœœGoingâœ™ self. I had just knocked out 30 reps of heavy-to-me barbell squats followed by high-rep front squats for leg day, so I attributed my weary status mostly to this.

Saturday, we woke up to our almost 15 month old alarm clock named Avery, and went about our normal routine with coffee and breakfast. And of course spontaneous bursts of crying for no reason followed by cute laughs and smiles. You know, typical toddler ludicrousness.

But things still didnâ€™t feel right with soreness across my body. My legs were sore (blamed the squats there), neck and shoulders were tense (mustâ€™ve been a bad sleep), and I felt fatigued (again with the bad sleep). But I shrugged it off as I left Kelley and Avery at home as I went grocery shopping with orders to hurry home. The weather has been awesome here in Texas with highs in the mid-70â€™s, and we wanted to bring Avery outside to a playground.



The sun? Iâ€™m ready!

Upon my return, I promised to watch Avery so Going Mom could take advantage of the weather for a nice run. While my wife was out running, I brought Avery to the garage for a quick weight-lifting session. I wouldâ€™ve run too, but Iâ€™m still nursing that darned [fractured foot](#)! Even though my body was telling me â€œnoâ€, I pushed through a quick but intense barbell session followed by a tabata-style conditioning workout.

Afterward, I was gassed, more so than usual, and only feeling worse. Kelley put Avery down for a nap and we had lunch, but I just wasnâ€™t feeling up for eating. Actually, *nothing* sounded appealing which is extremely rare, and by the time Avery woke from her nap, I was only getting worse.

Being the stubborn guy that I am, I pushed through our normal afternoon walk, but little slower than usual. I had prepared my dinner for the night earlier in the day, but as dinnertime approached, I had lost all appetite and was reduced to laying on the floor as Kelley and Avery played.

At least I had prepared Kelleyâ€™s dinner beforehand too, so all she had to do was heat it up as her and Avery had dinner without me. I wanted to help, but remained lifeless on the playroom floor as Kelley fed and bathed Avery. And, of *all* days, Avery went and dropped a â€œbombâ€ during bath timeâ€!.literally, she pooped. But Going Mom was quick to action and â€œhandled it like a champâ€ as she said on Facebook. I agree, she was more than a champ for this unpleasant Avery *first*!

It took all I had to be there to read â€œGoodnight, Gorillaâ€ before Kelley nursed Avery to sleep, and then I went straight to bed. My normal routine of staying up until 1am was not happening; that night, it was 10pm sharp. That is, until I woke up as hot as a furnace and immediately rushed to make friends (or enemies depending how you look at it) with the toilet.

Almost every hour that night, I woke up in a cold/hot sweat and ran to the bathroom with no time to spare. It suckedâ€!.big time. Somehow, Avery slept through it all even though I was plenty loud. Silver lining?

All of Sunday, I felt like was a nauseous heap of uselessness with zero appetite and no desire for coffee. What!? Yeah, *that* bad. All parents know coffee is black gold and a â€œmustâ€ for survival, so missing it is serious business.

Since I felt a little better after the previous night, I joined Kelley and Avery for a nice weather walk to the neighborhood playground to let Avery run around. She canâ€™t play on the equipment yet, but that didnâ€™t stop her from having fun. No shoes needed!



That amazing wife of mine ran all around after Avery as I just laid there, watching, and sometimes smiling between painful stomach churns. At one point I tried to join in and hold Avery in the tire swing, but that was painful, and something tells me Avery wasnâ€™t too impressed.



When Kelley took over, Averyâ€™s mood â€œswungâ€• the other direction to happiness. I hated being so miserable, but it made me smile to see these two grinning together.



We made it back to the house and I tried eating a little but still wasn't feeling it. Instead, I pureed frozen organic strawberries with coconut milk for a cool treat that we all could enjoy on the warm February day. Avery and Going Mom approved, and even I was able to keep it down.

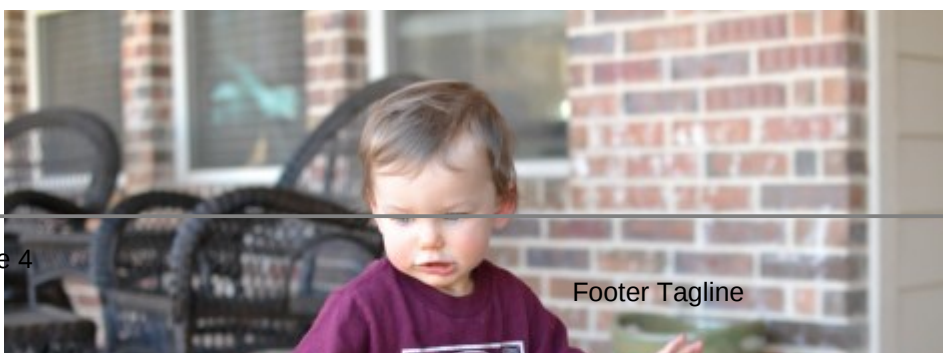
During nap time, I tried to read as Kelley did yard work, but couldn't concentrate with my pounding headache, so I laid down for a nap. Napping is something I truly despise and refuse to do, but this day, I made an exception. I woke to my beautiful wife who then came back with a smiling Avery. If kids' smiles can cure sickness, Avery's is the best panacea around!

Kelley then broke out the vacuum and went around the entire house with Avery making sure to create several obstacles along the way. As I mentioned on a previous post, [I vacuum every day](#), but missed it considering my circumstances, so her cleaning meant a lot. She does so much going to work for us that I want to take care of the household tasks, so it gets to me when I'm not able to.

My appetite remained absent, but at least I was able to sit with my favorite girls at the dinner table this time. Thankfully, I made our daily green power smoothie earlier in the evening and that provided some kind of sustenance for my body.

After our nighttime routine, it was another early-to-bed night for this sick SAHD. There was no more vomiting, but I did have other "œrunny" issues. Sorry if it's TMI, but this is my blog! ðŸ™, Anyway, I slept a little better and had regained some sense of a desire for food come Monday morning.

Kelley went into work late and I made coffee (yes, one day without is enough!) for the both of us. I think I attempted eating my usual diet too fast and it upset my stomach, but I was happy to be able to move around. Despite feeling tired and not totally recovered, Avery and I made use of the warm weather by going for a walk and playing in the back yard. She even busted a few moves on the porch with the music I had playing.



What does dancing and dropping something hot have in common anyway?

And, that night, I had a full meal at dinnertime!

To my wife, Kelley, you always mean the world to me, and I can't tell you enough how much I appreciate all that you do. To be so great and take over everything makes me love you even more than I though possible. Seriously, thank you, you're a wonderful wife, mom, and best friend.

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How often do you get sick?

Are you usually caring for others or are others usually caring for you?

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