

STRONGER NUTRITION

STRATEGIES TO REDUCE TRACKING

1

RECALL LOGGING

- 1A Track after each meal
- 1B Track at the end of the day

2

PROTEIN & CALORIE TRACKING

- 2 Track protein and calories daily rather than all three macronutrients.

3

PARTIAL TRACKING

- 3A Choose one day of the week to forego structured tracking. Start with a day you have an established routine (such as a weekday). Gradually transition to two days (including a weekend) and eventually to more untracked days.
- 3B Only track and weigh high-calorie and novel foods as needed.

4

HABIT & BEHAVIOR SUPPORT

- 4A Use your non-negotiable habits or anchor behaviors from the fat loss phase. (These are the daily tasks or efforts you should continue to help you maintain consistency.)
- 4B Apply the “sometimes yes” mentality or 80/20 rule.
- 4C Use the Plate Method and hand-guided portion sizes.
- 4D Adopt Uniform Eating, having similar foods and meals on rotation to keep you successful.
- 4E Set up an environment where foods that support your goals are seen and accessible, and foods you want less of are less visible and less accessible.

Tips:

A food scale is optional for all strategies; use as needed.

You can move up or down the line for more or less structure based on your progress towards your goals.

MORE STRUCTURED

LEAST STRUCTURED

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I currently see myself on the following point of the strategy chart: _____

The number of days I plan to track this week: _____

Those days include: (circle all that apply)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Foods that keep me successful and are in line with my goals: _____

Non-negotiable habits to carry over from the fat loss phase (habit tracker): _____

Foods that I feel confident eyeballing/estimating: _____

Foods I should continue to weigh for portion control and accountability: _____
