

Moving away from tracking PDF

You started your fitness journey and you've been lumped with this task of tracking your food at some point to give you the education and flexibility around food intake.

It works wonders and you get to open your mind to meal creation, food flexibility, a calorie limit and macro numbers and everything in between.

You might reach your goal using this structure but in the back of your mind, you're thinking 'when can i stop doing this'.

It's rare that you're thinking that you're going to be tracking your food when you're 60...

But I don't see the teaching and education to help people move away from it when they want to.

And guess what?.... You don't automatically gain weight because you don't track anymore.

That's the biggest misconception, that it's all going to go to shit when it happens.

Absolutely without a doubt you're going to have some learning curves with it because it's something you've done for a while and you're accustomed to that style of eating.

The below information should really help you to start moving away from tracking.

BUT first.

We need to look at what you're going to do instead of tracking.

You'll have some commonalities on a day to day basis with your food intake.

Most people who are in shape and ready to move away from tracking will have a routine with food, some level of repeatable structure to their weeks and months.

If we take away the tracking, this routine still stays.

You'll have a certain amount of meals + snacks that you like that work.

You'll generally have specific lunches, options and preferences of foods that you enjoy.

You don't need tracking to do those things.

The routine is the powerhouse of moving away from tracking as you can just do the same as you've done before.

And all we need now is a way to portion out the food on the plate that doesn't involve measuring or tracking.

An easy way to measure via something repeatable and something that isn't needing to be tracked is using the gauge of using the plate/tupperware as a guide.

Cut the plate into quarters and you have a great measuring tool to ensure your measures are for what you need.

Starting with $\frac{1}{4}$ plate of protein, $\frac{1}{4}$ plate of carbs and $\frac{1}{2}$ of veggies/salad could be a very good solution to most meals.

If you're thinking about the technicalities about the variance in calories if you had $\frac{1}{4}$ of a plate of beef vs chicken, it's not that big of a deal if you're consistent.

It might be a 40-80 calorie difference, which is not that much difference in the grand scheme of things to have your complete freedom without tracking.

If you find that when you've been tracking and holding your body weight you'll see the kind of portion guides that you'll need to utilise

For example - a small female it's not uncommon for them to have to eat protein and veggies for lunch and dinner instead of the extra carbs due to the limited amount of calories they may be on due to their body mass and your activity levels.

In this case, you can use that structure that you know maintains your weight and keep to that as close as possible.

But you need rules..

Here's the rules I would recommend having as part of your routine and structure and setting yourself up for success.

1 Serving of Protein each meal;

- This could be anything from $\frac{1}{4}$ plate of tofu, 1 chicken breast or 1 Salmon Fillet.

3-4 meals per day;

- Based on preference but the large sentiment is that you need to avoid having periods of over hunger to ensure that your meals are adequate and filling. Periods of over hunger generally lead to overconsumption in other parts of the day.

Eat till your 80% full not over stuffed;

- Honour your hunger signals - This is the quintessential aspect of how you move away from numbers and tracking apps telling you how much you can eat vs your body telling you when it needs more OR does not need any more.
- The hardest part for most to move to non tracking will be doing this vs being taken by the moment to indulge more because they see they have no number on myfitnesspal holding them back. You have to hold your own standards, you

can enjoy food massively but you need something to regulate your intake and that is you listening to your stomach NOT your brain.

- The statement your eyes are bigger than your belly has never been true for most. Discovering REAL hunger signals and amounts needed to eat vs what habit or indulgence has taught you will be a large awakening to what your body needs vs what you want to give it.
- Eat like a Healthy Adult.

Recognise real hunger vs emotional hunger;

Real hunger consists of an empty feeling in the stomach, stomach pains and rumbling and the desire for ANY food not specific ones.

Emotional hunger consists of the desire for a specific type of food and specific item rather than anything. (if someone offered you a carrot instead of the chocolate you want, would you take it -if NOT then it's emotional hunger)

Have precautionary habits to hold standards;

In order to ensure you stay at the place you want using these methods we will need to hold some precautionary standards to ensure you're doing what's right for your goals.

Use the below standards to ensure you're keeping up the base level of care for yourself with moving away from tracking / measuring.

- Body weight measurements - weigh daily and hold 1-3kg range on the average of the weeks.
- Steps -10-12,000 per day
- Train - 2-5 times per week
- Water Intake - 3-4L per day

The steady decline and trust in yourself process

It all starts with one day at a time.

We need to step out of our comfort zone to move away from tracking BUT it doesn't come all in one go.

The best way to navigate and transition will be starting with one day per week.

Start with a day at the weekend and see how you go.

Using all the information above you'll be able to transition nicely following the rules and standards you've set in place.

I would recommend you transition in 2-3 week steps of adding 1 day per week.

Until you reach 7 days a week.

Using tracking when dieting

It may be a very useful tool to track when you are dieting later in your journey again, the mistake a lot of people make is not using a tool when it's most effective.

The tool of measuring and tracking isn't essential for everyday life but if you had to diet this would be an incredibly useful tool to help make a fat loss phase really effective.

I personally like to use tracking when i'm looking to do something for a short space of time 4-12 weeks and then spend the rest of the year not tracking and working off the rules above.