

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

HOW TO GUARANTEE YOUR WEIGHT LOSS SUCCESS

This week's focus: Why our weight loss success depends on tracking our food and drink consumption

Why it's important: Tracking what we put in our mouths is the only sure fire way to guarantee your weight loss success

What we will tell you: what happens if we don't track our food and drink intake, and more importantly what happens when we do.

- 1** When you **track your food** and calorie intake by writing it down or logging it, subconsciously you will **only want to enter food in your meal tracker that fits** with what you are 'allowed' within your calorie allowance. It makes you accountable to your choices.
- 2** **Tracking shows you where your big wins are.** If you track every day, you will start to see patterns of eating, that you can learn to manage – e.g. late night binges, constant grazing. You can then develop a strategy to manage this. If you think you are eating a particular type of food in moderation, tracking will confirm that or show you that you are actually eating more of it than you realise, giving you an opportunity to cut back on this, save some calories and start winning!
- 3** **Tracking** before you put the food in your mouth, means that you are **checking the calories before you eat it**, so you will be more **mindful of making better choices.**
- 4** **Tracking stops you picking mindlessly** and without conscience, because if you put it in your mouth it has to go in the meal tracker. If you don't want to record it, you won't eat it.
- 5** **Tracking teaches you lifestyle change**, and how to manage your food sensibly. It teaches you that if you have a full English breakfast one morning, if you still want to lose weight and stay on track, you need to eat food which is really efficient in calories for the rest of the day. Or, if you have a day where you drink lots of alcohol and have a meal out, then the following couple of days, you bring that calorie deficit back, by eating lighter foods
- 6** **What happens when we don't track?** We 'forget' what we have already eaten that day, and we have no clue where we are up to as the day goes on. As we get to the evening, we get home and we are hungry, we have nothing to check in with to see where we are up to with our calories, so have no idea what we have left in our calorie bank for our evening meals and snacks. This is likely to be the time that our budget is blown and therefore we don't achieve what we want to on the scales.
- 7** **Tracking takes less time than you think and is scientifically proven to increase your chances of weight loss.** A study has shown that tracking only takes between 14 and 23 minutes a day and the more you do it, the less time it takes. The same study showed that people who track for 6 months lose more than 10% of their bodyweight. Those who didn't track, lost less than 5% of their body weight in six months.

Key Messages

Tracking is absolutely the one thing that you can do to guarantee your success. It keeps you in check and accountable and teaches you where all that delicious food is that you can eat! If you aren't tracking yet, make an effort to start – try just recording your breakfast for 6 days out of 7, then build on that and track breakfast and snacks for 6 days out of 7. Then add your lunch, then your evening meal. Build tracking into your routine as a habit and see what effect it has on your success.