



Accountability

Only YOU can hold yourself to it!

Do you feel that if just *someone* could hold you accountable, you would be able to lose weight? This is absolutely the #1 reason people call dietitians, health coaches and join weight loss programs! Maybe you feel that if someone tells you to eat a certain way and exercise, you'll feel pressured in to doing it, right? Has this worked for you? It does work for some people, but essentially, it's **YOU** that has to hold yourself accountable. **You** are the one that will be alone with yourself when you eat and need to have tools in place to help **yourself** accomplish your own goals. The following tips will work if you do them :)
NOTE- you only need to do these until you reach your goals and able to do them automatically.

Tips For Holding Yourself Accountable

1. Write down your diet plan

This step helps you summarize what your food "rules" are. "Kind of" knowing what you "should" be doing leaves us too much room to make food mistakes. We convince ourselves "it's fine, it's not that far off from what I should be doing". Whatever the diet is that you want to follow, take a moment to write down what you're doing. There are no excuses to not knowing how to eat! Even if it's from a book you read, personal food goals you want to meet or a plan written by a professional- defining your diet goals is essential.

2. Create a menu plan weekly

I know it's a huge pain in the ass- but if you're not reaching your diet goals, then you need to do this step. Knowing exactly what "the plan" is will keep you organized and feeling in control. Take 20 minutes each week to write out what you can prepare each day, for each meal. They don't have to be complicated, but at least you will know what foods to buy at the grocery store so you have something to eat when you're hungry. There's no reason to be "too busy to cook so I ate something bad"! If you have easy-to-prepare foods around, you can always stay on track in a stress-free way!

3. Structure your meals & snacks

Decide how you want to eat all meals and snacks in your day and stick to it. Of course, if you're hungry outside of this, there's no need to suffer, just eat a snack within the rules of #1. This step is meant to bring awareness to eating when you don't really need to, preventing mindless eating.

- 8 am breakfast (fat + protein) or continue your fast
- 12 pm lunch (fat + protein +carb)
- 3 pm snack (fat + protein)
- 6 pm dinner (fat + protein + carb) **NO EATING AFTER DINNER**

4. Keep a food journal

Tracking your food intake is your real accountability partner. Writing down what you eat will remind you 1) to be conscious of whether your food choices fall within your food plan, 2) if they are being eaten at the right time of day, and 3) if they fall within the number goals of your plan. If you're tracking macros, calories and exercise- you can never be sure if you're following the "rules" unless you track it and do the math!!! You can use paper or an app, the method isn't important, doing it is everything.