

The Best Diet Method



This is the best weight loss method I have ever used, and one that I continually use whenever I find I've had trouble with my weight goals.

It's not complicated and it isn't a magical way of eating...

Simply get a calendar, then at the end of each day put a big check mark on the days your eating was at a level you are happy with and that that was in-line with your weight and nutrition goals.

Put a big X through the days where you know for sure that you ate in a way you were not happy with.

(If you want to be really dramatic you can make the check marks green and the X's red)

I understand that this sounds to simple to be effective, but there is something about the daily self-reflection and positive reinforcement of the check marks that works wonders for diet compliance.

It also works with any diet style, and any diet goals.

Plus, by the end of the month you will be able to look over your record and find trends. You will be able to line up your actual weight loss with your guesstimate of what you thought were good, or bad days.

This is a great tool for learning what too little, too much and just right feels like and is also a nice dose of reality to look back and see how you think you did on your diet versus the results.

This can be really effective, especially if you've slowed down with your weight loss, or hit a plateau with your eating.

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