

HANDLING THE WEEKEND



THE WEEKEND MINDSET

Ahh, the weekend is here and it's time to relax and have some fun... or is it? One of the big things we talk about at Stronger U is consistency. Being consistent with hitting our daily eating and activity goals is important for success. If someone is experiencing some unwanted frustration and progress stagnation one of the usual suspects is those beloved but oftentimes less consistent weekends.



Much of the great work we do all week can essentially be erased because creating a calorie deficit over a period of a week or more is a delicate balance, one that a weekend of overeating can easily tip the wrong way. Because of this, we still need to be on our game on weekends but that might mean we can "work in" a few adjustments in order to make life easier and feel less stressed about our diets.

This doesn't mean you have to do the exact same thing on weekends as you do on weekdays (although you may choose to!). It just means the food amounts should be relatively similar. Mealtimes, food choices, and locations might be different and that's ok. Remember, if the amounts are similar you most likely will have similar results. In order to do well on the weekend, we still recommend planning your day in advance and anticipating any challenges that might arise.

This can include some of the following adjustments:

Pushing back when you start to eat for the day (i.e. skipping breakfast and early am snacks) to allow for a larger meal later

Saving carbs and fat for an unpredictable meal

Packing food for the day and bringing it with you

Focusing on overall calorie and protein only (instead of all 3 macros)

Having a conversation with your coach and creating a plan to anticipate an overage

Expecting an overage or mistake and moving on with a positive mindset



Main Takeaway

It's important to remember for many people weekends can become the eraser of an otherwise great week of eating. This doesn't mean you can't still have fun, but it does mean you have to anticipate the challenges and come prepared. One thing about our plans at SU is that we never expect people to be perfect, so don't feel obligated to lock yourself in the house on Friday night. Our goal is to prepare you to make better choices and have solutions to the things that might have caused challenges in the past.



Resources

Wondering why handling the weekend matters so much?

[Check out this blog post.](#)

Weekend struggles?

Read [this blog](#) on self-sabotage.

Getting back on track.

This [blog post](#) can help.