

A top-down view of a black plate containing a large, seared salmon fillet. The salmon is golden-brown with visible grill marks. It is surrounded by various vegetables: several halved cherry tomatoes, some of which are charred, and several red bell peppers, also charred. There are some green leafy garnishes scattered around the plate. The background is dark, making the food stand out.

YOUR BEST NUTRITION STARTS HERE.



**Build a complete health plan for your body,
lifestyle, and goals. (And maintain it, too.)**



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The mindset that prevents the dreaded backslide





1 “WHAT SHOULD I EAT?!”

Your visual guide to better nutrition

Want to make healthier nutrition choices, and determine the best foods for your body, goals, and taste buds?

This infographic shows you how.

Find out which foods to prioritize for better health, and use our simple three-step process to create a customized healthy-eating menu in a matter of minutes.

The best part? Nothing’s off limits.

Print this out and keep it handy next time you shop or prep a meal.



STEP 1

KNOW YOUR FOODS

Nutritional value varies, but don't think of food as "good" or "bad." Seeing it on a spectrum from "eat more" to "eat less" helps you make better choices without branding anything off-limits.

EAT MORE

PROTEIN



Eggs and egg whites



Fish



Shellfish



Chicken



Duck breast and thighs



Turkey



Lean beef



Bison



Lamb



Pork



Wild game



Other meats
goat, camel,
kangaroo,
crocodile, horse



Plain Greek yogurt



Cultured cottage cheese



Tempeh



Lentils and beans

Count these as protein if you're a plant-based eater or having a meatless meal; Otherwise, they're considered sources of carbohydrates.



Insects

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18oz (or 4 palms) per week or less.

CARBS



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Quinoa



Whole-grain, black, and wild rice



Sorghum



Farro



Millet



Potatoes



Amaranth



Plain non-Greek yogurt



Plain kefir



Fresh and frozen fruit



Corn



Barley



Sweet potatoes



Taro



Yuca

Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

FATS



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



Avocado and avocado oil



Cheese, aged > 6 months



Egg yolks



Seeds: chia, flax, hemp, pumpkin and sesame



Cashews



Pistachios



Almonds



Brazil nuts



Pecans



Peanuts & natural peanut butter



Olives



Pesto made with extra virgin olive oil



Nut butters from other nuts in this category



Fresh unprocessed coconut

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

EAT SOME

PROTEIN



Uncultured cottage cheese



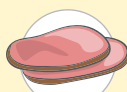
Medium-lean meats



Tofu



Edamame



Canadian bacon



Meat jerky



Poultry sausage



Minimally processed lean deli meat



Protein powders

CARBS



Couscous



White rice



Granola



Instant or flavored oats



Milk



Vegetable juices



Flavored yogurt



Flavored kefir



Pancakes and waffles



Whole-grain crackers



Oat-based granola bars



Canned, dried, and pureed unsweetened fruit



White bagels, breads, English muffins, pastas, and wraps

FATS



Virgin and light olive oil



Expeller pressed canola oil



Sesame oil



Flaxseed oil



Coconut oil / milk



Peanut oil and regular peanut butter



Dark chocolate



Marinades and dressings with oils in this category



Fish and algae oil



Cream



Cheese aged <6 months



Flavored nuts and nut butters



Trail mix

Often rich in carbohydrates as well, with sources of varying quality.



High oleic safflower oil



High oleic sunflower oil

These naturally-bred oils are high in heart-healthy mono-unsaturated fats and contain little saturated fats and no trans fats.

EAT LESS

PROTEIN



Fried meats



Chicken fingers, nuggets, and wings



High fat ground meat



High-fat sausages



Processed soy



Processed deli meats



Protein bars



Pepperoni sticks



High-mercury fish

CARBS



Cereal bars



Fruit juices



Flavored milk



Honey, molasses, syrups, & jellies



Canned, dried, and pureed fruit with added sugar



Sugar



Soda



Crackers



Pretzels



Foods with 10+g added sugar

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content.



Candy bars



Chips



Fries



Pastries



Donuts



Cookies



Muffins



Cakes

FATS



Bacon



Sausage

Also sources of protein, though usually higher in less desirable fats.



Butter



Margarine



Processed cheese



Corn oil



Cottonseed oil



Sunflower oil



Canola oil



Soybean oil



Safflower oil



Hydrogenated oils and trans fats



Vegetable oil



Shortening



Marinades and dressings with oils in this category



Fat-rich foods with 10+ g added sugar

Wondering about portions? Check out www.precisionnutrition.com/calorie-control-guide-infographic

VEGETABLES

Veggies of varying colors provide different nutrients and health benefits. So make it a point to “eat the rainbow”!



Eating a variety of colorful fruit and starchy vegetables (like potatoes) also helps you “eat the rainbow,” though these foods live in the carbohydrate category.

Not a veggie lover? Add herbs, spices, and aromatics, which enhance flavor and provide additional health benefits. To learn how, check out www.precisionnutrition.com/create-the-perfect-meal-infographic and www.precisionnutrition.com/dont-like-vegetables-infographic



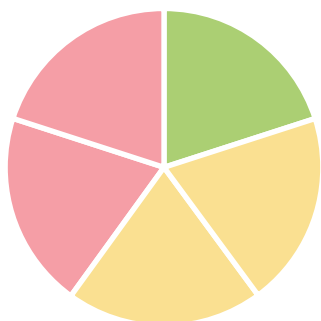
STEP 2

BASE FOOD CHOICES ON YOUR GOALS

The proportions of your food intake that come from the “eat more,” “eat some,” and “eat less” categories will depend on how you eat now, and what your goals are.

THESE PROPORTIONS MAY WORK FOR YOU IF...

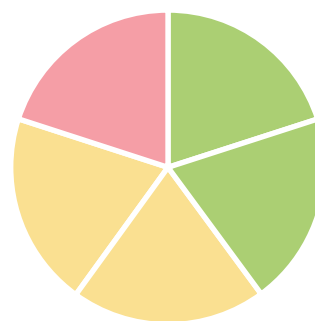
● “eat more” ● “eat some” ● “eat less”



You want to generally improve your health.

You’re new to exercise or exercise moderately.

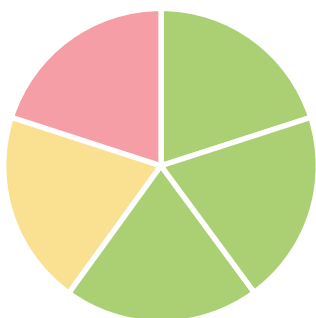
You want to look, feel, and perform better.



You want to significantly improve your health.

You exercise moderately, or are training for an event like a half-marathon or obstacle course.

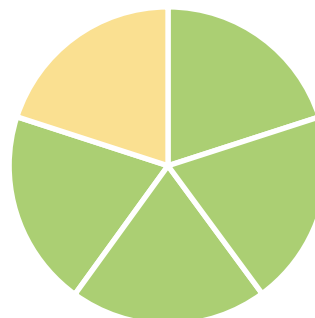
You want to look, feel, and perform a little better than average.



You want to significantly improve your health, or maintain a high degree of health.

You are training for a major athletic event like a marathon or ultramarathon.

You want above-average body composition, athletic performance, and/or recovery.



You love eating this way. (This routine won’t make you much healthier.)

You’re preparing for a bodybuilding, physique, or elite athletic competition.

You are paid for your body’s looks or performance.



STEP 3

ADJUST FOR YOUR PREFERENCES AND LIFESTYLE

Your “eat more,” “eat some,” and “eat less” list is unique to you and may evolve as your goals, likes, and dislikes shift over time. Use the table below to note your preferred foods.

CREATE YOUR OWN SPECTRUM

PROTEIN	CARBS	FATS	VEGGIES
Green foods I like or want to try:	Green foods I like or want to try:	Green foods I like or want to try:	Red, orange, and yellow veggies:
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Green, blue, and purple veggies:
1	1	1	1
2	2	2	2
3	3	3	3
Red foods I want to indulge in:	Red foods I want to indulge in:	Red foods I want to indulge in:	White veggies:
1	1	1	1
2	2	2	2



Following a special diet? No problem.

We've created multiple editions of this resource so you can know what to eat, no matter what diet you're following.

Plant lover? Check out our [fully plant-based / vegan](#) or [vegetarian](#) infographic.

Prefer fewer grains and carbs? Check out our [Paleo](#) or [keto](#) infographic.

Serious fan of seafood and olive oil? You might like our [Mediterranean diet](#) infographic.

Even though some eating styles may seem like polar opposites of each other, you'll notice that all effective, health-focused diets prioritize:

- **Whole, minimally processed foods**, which contain a higher ratio of nutrients for each calorie. With processed foods, it's the opposite: You can consume a lot of calories and few nutrients.
- **Adequate protein intake**, which helps build and maintain muscle, preserve bones, and suppress hunger through the release of appetite-regulating hormones.
- **A range of colorful fruits and vegetables** high in antioxidants, vitamins, minerals, fiber, and phytonutrients, which can help prevent a wide range of health problems, including diabetes, stroke, heart disease, high blood pressure, and cancer.

2 HOW MUCH TO EAT

Discover the right amount of food for **YOUR** body, lifestyle, and goals

Whether you're trying to gain muscle, lose fat, or just eat healthy, you might wonder about tracking your food intake.

But the most popular way to do this—calorie counting—can be frustrating and impractical. (Life is complicated enough. Who wants to do food math?)

Hooray! There's a simpler way:

This handy infographic shows you how to use your hand to measure portions meal-by-meal, and explains how to tailor the approach for your goals, activity level, and eating style.

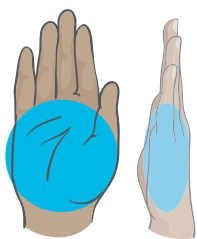
PORTION CONTROL GUIDE

Skip calorie counting. Try this method instead.

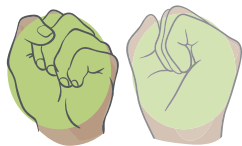


Your hand is your portioning tool

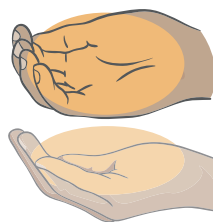
Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients—minimal counting required.



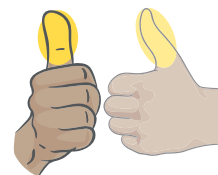
A portion of protein =
1 palm



A portion of vegetables =
1 fist



A portion of carbs =
1 cupped hand



A portion of fats =
1 thumb



TAILOR PORTIONS TO YOUR ACTIVITY LEVEL, GOALS, AND PREFERENCES

Moderately active folks can generally maintain their weight and improve their health with 1-2 portions of each food group per meal,* but there's lots of potential for variation. Here are some examples of customized plates based on eating 3 meals per day.

LOWER ENERGY NEEDS

PROTEIN

E.g. meat, fish, eggs, cottage cheese, Greek yogurt, tempeh, tofu

VEGETABLES

E.g. broccoli, spinach, squash, carrots, tomatoes

CARBOHYDRATES

E.g. grains, potatoes, beans, fruits

FATS

E.g. oils, butters, nut butters, nuts, seeds

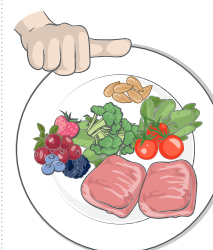
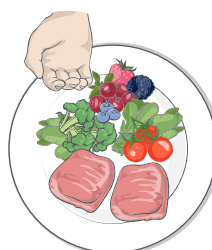
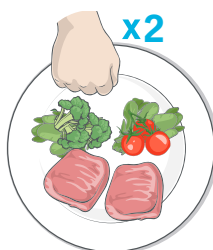
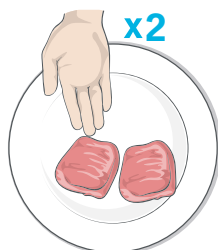
MINIMAL ACTIVITY: NO PURPOSEFUL EXERCISE, <6,000 STEPS/DAY

Goal:

Lose body fat and overall body weight

Preference:

Balanced

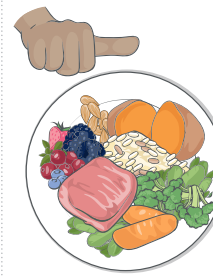
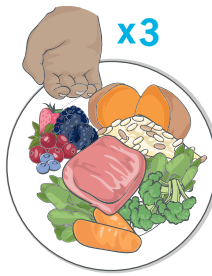
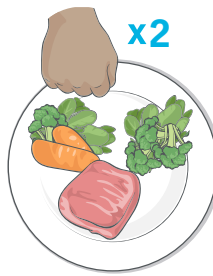
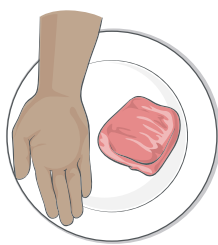


Goal:

Improve health and maintain body weight

Preference:

Higher-carb



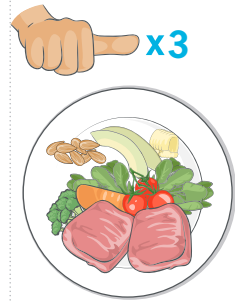
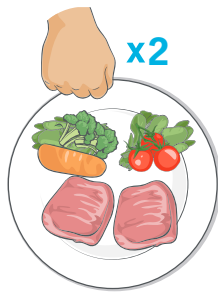
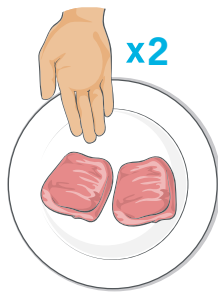


PROTEIN	VEGETABLES	CARBOHYDRATES	FATS
E.g. meat, fish, eggs, cottage cheese, Greek yogurt, tempeh, tofu	E.g. broccoli, spinach, squash, carrots, tomatoes	E.g. grains, potatoes, beans, fruits	E.g. oils, butters, nut butters, nuts, seeds

MODERATE ACTIVITY: 3-4 WORKOUTS/WEEK, 6,000-10,000 STEPS/DAY

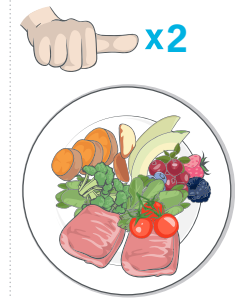
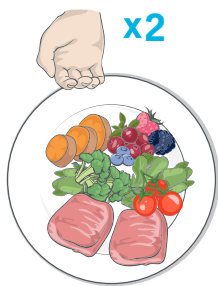
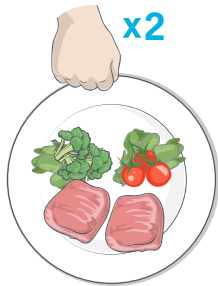
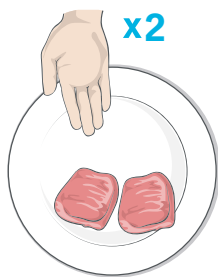
Goal:
Lose fat and overall body weight

Preference:
Lower-carb



Goal:
Improve health and maintain body weight

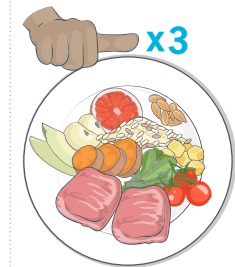
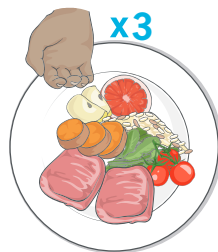
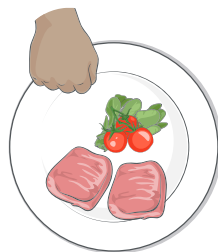
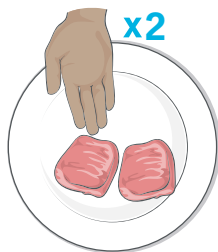
Preference:
Balanced



If you're new to hand portions, this plate may be a good place to start.

Goal:
Gain muscle and overall body weight

Preference:
Balanced





PROTEIN

E.g. meat, fish, eggs, cottage cheese, Greek yogurt, tempeh, tofu

VEGETABLES

E.g. broccoli, spinach, squash, carrots, tomatoes

CARBOHYDRATES

E.g. grains, potatoes, beans, fruits

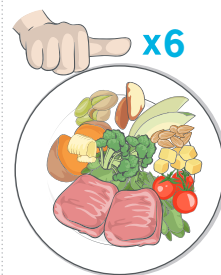
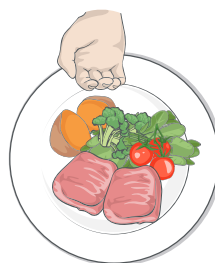
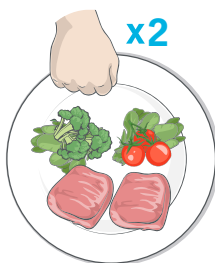
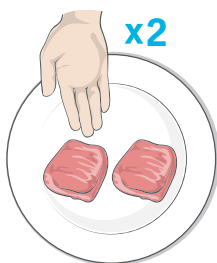
FATS

E.g. oils, butters, nut butters, nuts, seeds

HIGH ACTIVITY: 6-7 WORKOUTS/WEEK, 10,000-15,000 STEPS/DAY

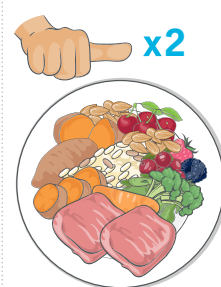
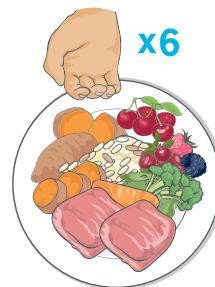
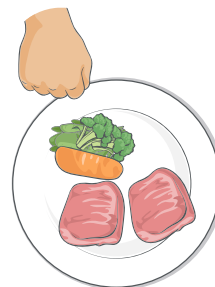
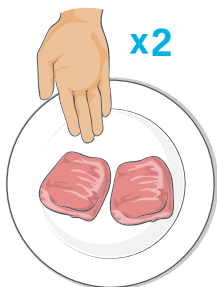
Goal:
Improve health and maintain body weight

Preference:
Lower-carb

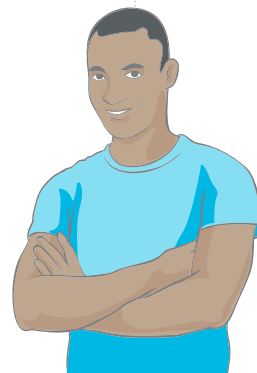


Goal:
Gain muscle and overall body weight

Preference:
Higher-carb



HIGHER ENERGY NEEDS



*1-2 portions of each food group per meal works out to ~400-800 kcal for men and ~350-700 kcal for women.



EASY WAYS TO CUSTOMIZE YOUR HAND PORTIONS

IF YOU NEED MORE FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Not feeling satisfied at meals
- Eating fewer meals throughout the day
- Not getting muscle-gain results



...THEN START BY ADDING...

- 1 cupped handful of carbs 
- and/or
- 1 thumb of fat 



...TO A FEW MEALS, FOR A TOTAL FOR 2-3 ADDITIONAL PORTIONS EACH DAY.

IF YOU NEED LESS FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Feeling too full at meals
- Eating more meals throughout the day
- Not getting weight-loss results

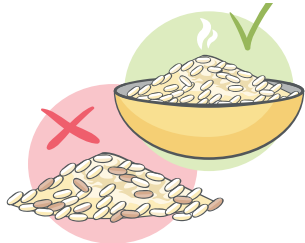


...THEN START BY REMOVING...

- 1 cupped handful of carbs 
- and/or
- 1 thumb of fat 

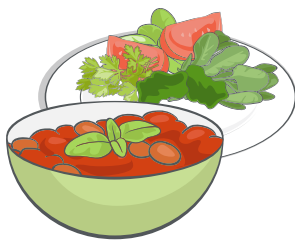
...FROM A FEW MEALS, FOR A TOTAL FOR 2-3 FEWER PORTIONS EACH DAY.

HAND PORTION FAQ



Cooked or uncooked?

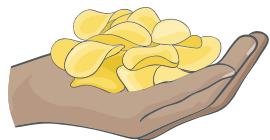
Gauge portions in the form you plan to eat them. Hand portions are for *plating* your food.



How do I count mixed-food meals, like chili?

Don't overthink it.

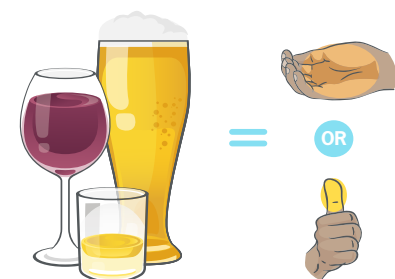
- Guesstimate your portions.
- Eat mindfully, paying attention to your fullness cues.
- Add a side of veggies (and maybe extra protein).



How about cookies, ice cream, chips (and other highly-processed foods)?

One handful is equal to 1 thumb of fat and 1 cupped hand of carbs.

How do I handle alcohol?



1 serving of wine, light beer, or spirits



1 serving of mixed drinks, craft or high-alcohol beer, or dessert wine



3 THE (OFTEN OVERLOOKED) KEY TO BETTER NUTRITION

How SLEEP can improve your eating habits

This isn't surprising, but it's often neglected:

When you get good quality sleep, everything—including maintaining your health habits—is easier.

There's good reason for that:

If you sleep 5 or 6 hours when you really need 7 or 8, you keep your body in a chronically sleep-deprived state, impairing your body's ability to regulate several key appetite-regulating hormones.

Sleep-deprived people tend to eat at least 300 more daily calories than people who get enough sleep. They also exercise less, have a tougher time regulating their emotions, and have higher rates of anxiety and depression.

We can't control all aspects of sleep, but we can set up conditions that make good sleep much more likely.

Here's how to do just that.



THE POWER OF SLEEP:

Why it's so important, and how to get more of it

5 SIGNS YOUR SLEEP HABITS AREN'T WORKING FOR YOU

YOUR MIND IS FOGGY

What we experience and learn gets cemented to memory while we sleep. Interference with this process causes:

- Reduced alertness and concentration
- Confusion
- Impaired judgement
- Forgetfulness

YOU'RE GETTING SICK A LOT

When we don't sleep enough, T-cells go down and inflammation goes up, resulting in:

- Increased vulnerability to viruses and bacteria
- Acute increase in risk of getting sick
- Increased risk of heart disease and other inflammation-related illnesses

YOUR WORKOUTS FEEL TOO HARD

Our body uses sleep as an opportunity to refresh neurotransmitter levels and remove energy-draining metabolites. Otherwise, we experience:

- Decreased central nervous system activity
- Slower reaction time
- Low energy and endurance capacity
- Depressed mood
- Reduced desire to exercise

YOU'RE UNHAPPY

While we sleep, we produce fresh neurotransmitters and regulate hormone production. Interference here causes:

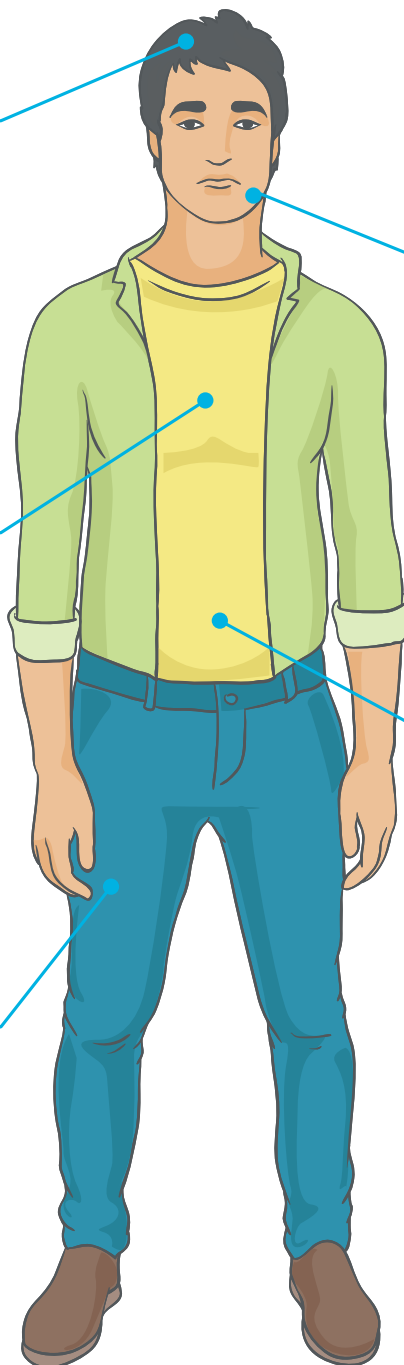
- Impaired regulation of emotions
- Heightened stress
- Low mood
- Possible increase in risk of depression

YOU'RE STRUGGLING WITH YOUR WEIGHT

Poor sleep is linked to excess body fat, as it can:

- Disrupt appetite regulation
- Cause you to feel hungrier
- Lead to increased calorie intake

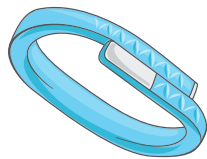
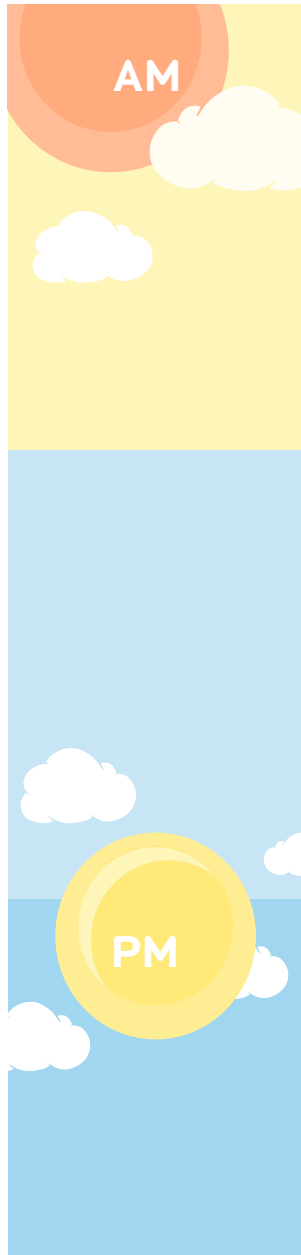
Also, excess body fat can reduce sleep quality.





PREPARING FOR A GOOD NIGHT'S SLEEP

As odd as it sounds, your path to high-quality sleep starts in the morning.



WAKE AT THE RIGHT TIME

You'll feel better and more alert if you wake from a light sleep stage. If you feel groggy, consider a device or app that senses sleep cycles and rouses you at an optimal point.



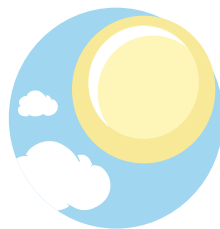
BE AWAKENED BY LIGHT

This naturally raises cortisol, which is a good thing in the morning. The slow rise helps you feel alert and relaxed.



GET MOVING RIGHT AWAY

Movement seems to speed the waking process, whereas hitting snooze increases sleep inertia. When it's time to wake, sit up and put your feet on the floor.



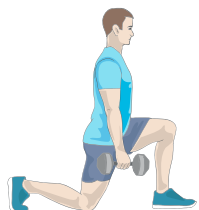
FIND THE SUN (OR A LIGHT THERAPY BOX)

Light exposure sets your daily melatonin (a sleep hormone) rhythm. This increases wakefulness during the day and helps your body gear down at bedtime.



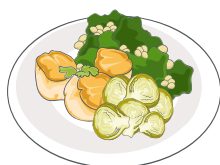
BE CAREFUL OF ALCOHOL AND CAFFEINE

Consuming caffeine after 2 pm and/or having more than 1-2 drinks in the evening can interfere with deep sleep.



EXERCISE

Regular exercise helps normalize your body's 24-hour clock, regulate your fight-or-flight system, and optimize your hormone levels. However, be careful with very intense exercise later in the evening. It may make it harder to fall asleep.



EAT A SMALL TO MEDIUM DINNER

Too much food can make it harder to fall asleep. A blend of minimally processed proteins, carbs, and fats can help keep you satisfied until morning. Plus, having some slow-digesting carbs can make you feel sleepy.



LIMIT FLUIDS

Drinking too much liquid shortly before bed can result in frequent waking for bathroom breaks.



CLEAR YOUR MIND

Whatever thoughts are in your head, get them out and onto paper. This preps you for genuine relaxation.



GO THE \$%#@ TO BED

Sticking to a reasonable bedtime teaches your body when to release calming hormones to help you fall asleep. Tip: Don't wait until midnight. Every hour of sleep before 12 am is worth two hours after.



SLEEP AT LEAST SEVEN HOURS

Most people need 7-9 hours of sleep per night. If you're getting far less now, that's okay. Just work your way up slowly. Even adding 30 minutes can make a big difference.



MORE TIPS FOR BETTER SLEEP



TURN OFF ELECTRONICS

Remove your eyes from all devices at least 30 minutes before bed. Artificial light interferes with our production of melatonin, which ensures deep sleep and may help regulate metabolism.



DE-STRESS

Reading, meditation, and gentle movement (stretching, yoga, walking, sex) can release tension and activate calm-down chemicals.



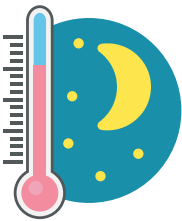
TAKE A BATH OR SHOWER

Warm water can help us relax and de-stress. Throw in some magnesium-based epsom salts, known to help with sleep.



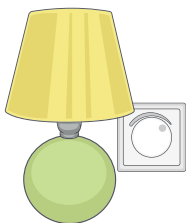
CREATE A RELAXING SLEEP AREA

Your bedroom should be quiet, peaceful, relatively organized, and free of anxiety-inducing clutter. If you live in an urban area, consider a white noise machine to drown out city sounds.



SET YOUR ROOM TO AN APPROPRIATE TEMPERATURE

Most people sleep better when it's cool (around 67 F); others sleep better at a neutral temperature. Find what works best for you.



MAKE THE ROOM AS DARK AS POSSIBLE

To maximize melatonin production, cover your windows and turn your phone face-down. Use a motion-sensitive or dim night light to illuminate mid-sleep bathroom trips.



4 ARE YOUR EATING HABITS WORKING FOR YOU?

Find out by taking this quiz

How do you know if your diet is *working*?

Whether you've been following your current way of eating for a while, or you're curious to try something new, you might wonder.

If you feel satisfied after meals, have steady energy and sleep well, and just feel good in mind and body, then your diet's probably pretty good.

But if you're not sure, we've got a quiz to assess how well your diet's aligning with your goals, and your life.



BEST DIET QUIZ: **How's that diet REALLY working for you?** **Take the quiz now to find out.**

(If you prefer, [take the quiz online.](#))

Choose the number that best matches how strongly you agree with the following statements.

On a scale of 1 (never) to 10 (always), most of the time...

1 When I eat this way, I feel pretty good in general.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS

2 When I eat this way, I have reliable, sustained energy without crashing.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS

3 I try to choose the best quality foods available.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS

4 This way of eating is easy to do and fits into my everyday life.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS



5 I know what kinds of foods to choose and eat.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

NEVER

ALWAYS

6 I feel confident and capable cooking and preparing food and meals.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

NEVER

ALWAYS

7 When I eat this way, I rarely struggle with food cravings or urges to overeat.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

NEVER

ALWAYS

8 When I eat this way, I digest my food well.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

NEVER

ALWAYS

9 I'm performing and recovering well.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

NEVER

ALWAYS



10 On social occasions, such as going out with friends to a restaurant, I can almost always find something I enjoy and feel comfortable eating.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS

11 I truly enjoy the taste and experience of what I eat.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS

12 I feel calm and relaxed about my food choices. It's no big deal, just part of my life.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS

13 The way I'm eating matches my specific goals for health, fitness, and performance.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS

14 The way I'm eating measurably helps me progress towards my goals.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS



15 The way I'm eating reflects my deeper values, or the way I want to live.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS

16 Even if other people pressure me to do something differently, or my style of eating doesn't match others around me, I'm able to follow my own cues or goals.

0 / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10
NEVER ALWAYS

TOTAL SCORE:

Add up your numbers from each answer to calculate your score.

128 and above

CRUSHING IT! This way of eating is working beautifully for you. Keep on doing your thing.

104 to 127

THIS IS PROMISING: Overall, things are going well. You might consider making some small changes, but it looks like you're moving in the right direction.

80 to 103

MIXED RESULTS: This approach might be working for you in some areas, but you're probably struggling in others. Consider if there are any tweaks you could make that would make it feel more sustainable and/or aligned with your goals.

Less than 80

THIS ISN'T WORKING FOR YOU: Based on this assessment, you're experiencing some issues. But don't feel bad about that. Instead, think of it as an experiment that helped you understand something important: This eating approach may not be for you—at least not right now.



Where do you go from here? That ultimately depends on you.

Success depends on a plan you can stick with consistently that has trade-offs you're comfortable with. (To learn more about what we mean about trade-offs, check out: [The Cost of Getting Lean.](#))

With that in mind, you might decide to:

- **Read up on other diets** (get some ideas from the “[Following a special diet?](#)” section at the beginning of this document)
- **Try out our [hand portion method](#)** (it's one of the simplest tools for ensuring your meals have the nutrition and energy you need)
- **Get a customized plan** (check out our [Precision Nutrition Calculator](#), which creates a plan based on your personal diet preferences and goals)
- **[Practice eating to 80 percent full](#)** (if your goal is fat loss, this is one of our favourites)
- **Just make one small change** (like adding a serving of veggies to your meal, going to bed 15 minutes earlier, or going for a walk around the block every morning)

Whatever you try, keep an experimentation mindset. Test it out for a couple of weeks, then use the above quiz to evaluate how it went—and keep moving forward from there.



5 HOW TO STAY ON TRACK, NO MATTER HOW BUSY LIFE GETS

The mindset that prevents the dreaded backslide

“I’ll start eating healthy again as soon as...
... work slows down.
... the kids are back in school.
... we’re done working on the house.”

Most of us can come up with any number of worthy justifications for taking a “breather” from our health and fitness efforts.

Except... things never really slow down permanently.

So we get stuck in an endless cycle: Giving health and fitness our all, then inevitably giving up when we hit an obstacle.

With that all-or-nothing approach, we never really get anywhere.

The success mindset: Consistency over perfection

Our “dial” method—which you’ll learn about in the following infographic—can help you stay consistent, even when life isn’t perfect. (Which it never is.)

Instead of “all or nothing,” this method helps you strive for “always something,” scaling your health habits up or down based on what’s going on in your life.

We also hope it shows you that even flawed humans with messy lives—and that’s all of us—can progress towards our goals. We just have to keep showing up.

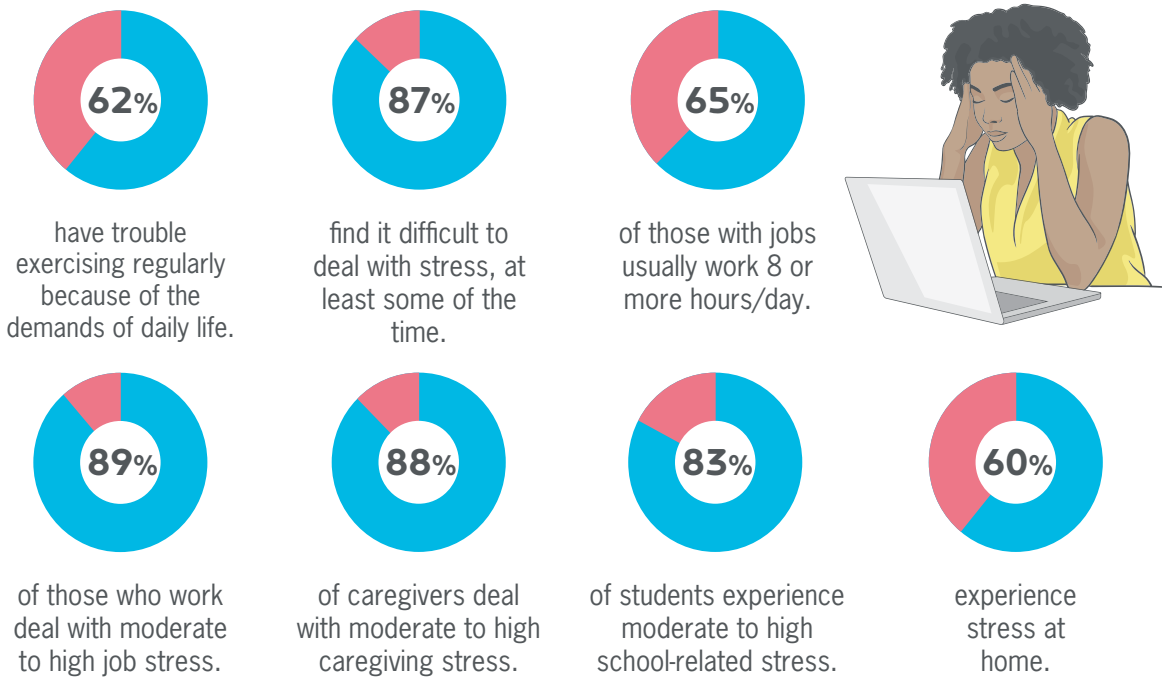


STOP PRESSING PAUSE ON YOUR HEALTH AND FITNESS:

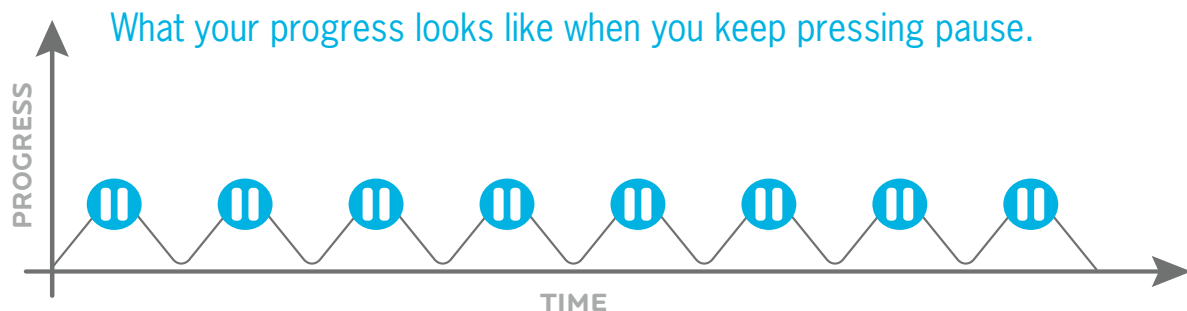
The trick to keep making progress, even when life doesn't cooperate with your goals

LIFE DOESN'T PAUSE...

Challenges reported by Precision Nutrition Coaching clients when they enter the program:



...SO HEALTH AND FITNESS SHOULDN'T, EITHER





THANKFULLY, EVEN SMALL EFFORTS ADD UP OVER TIME.

Body transformation at different levels of consistency after 12 months of Precision Nutrition Coaching.



10-49%
CONSISTENCY



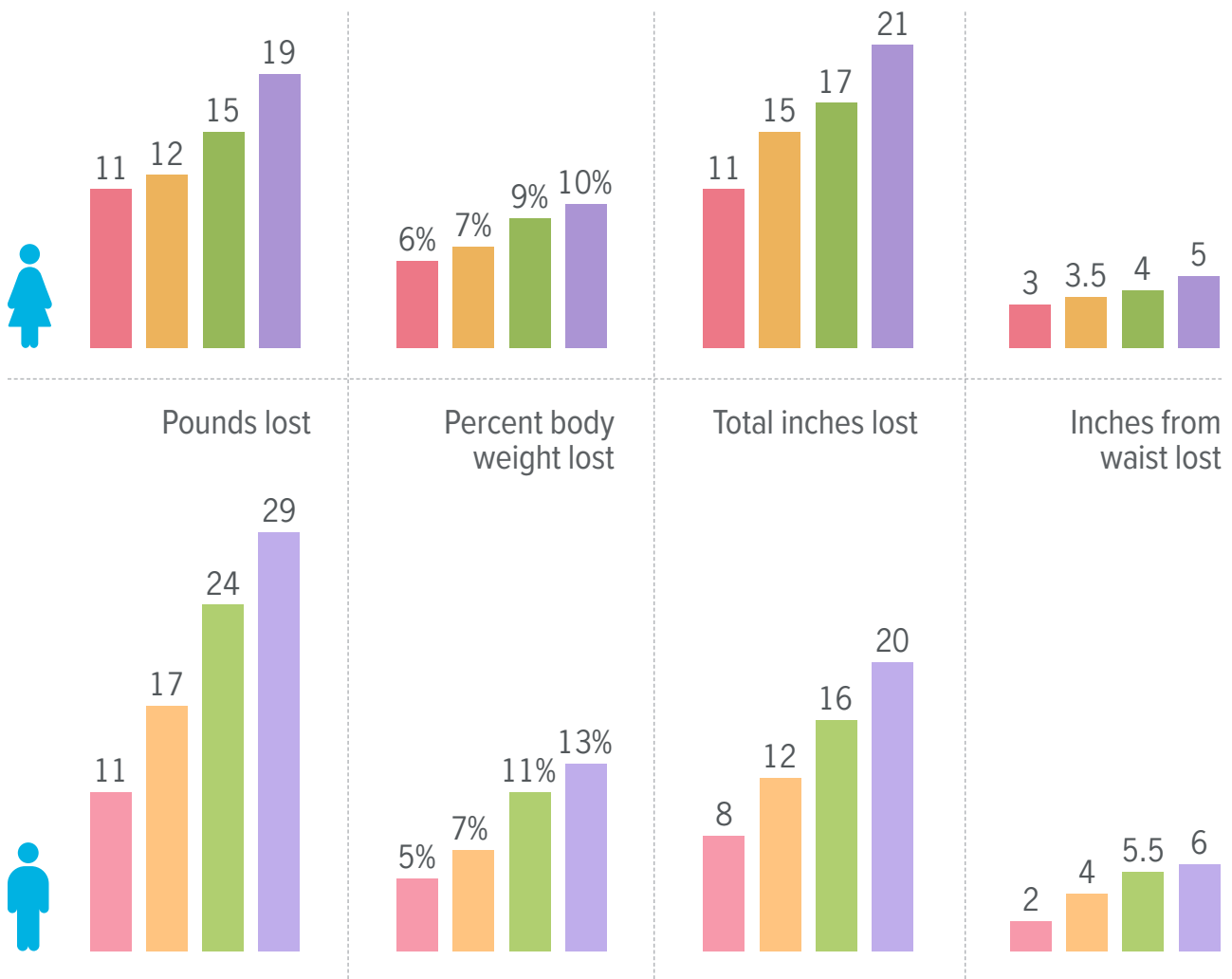
50-79%
CONSISTENCY



80-89%
CONSISTENCY



90-100%
CONSISTENCY





6 WAYS TO ADJUST YOUR “LIFE DIAL” TO KEEP MAKING PROGRESS.

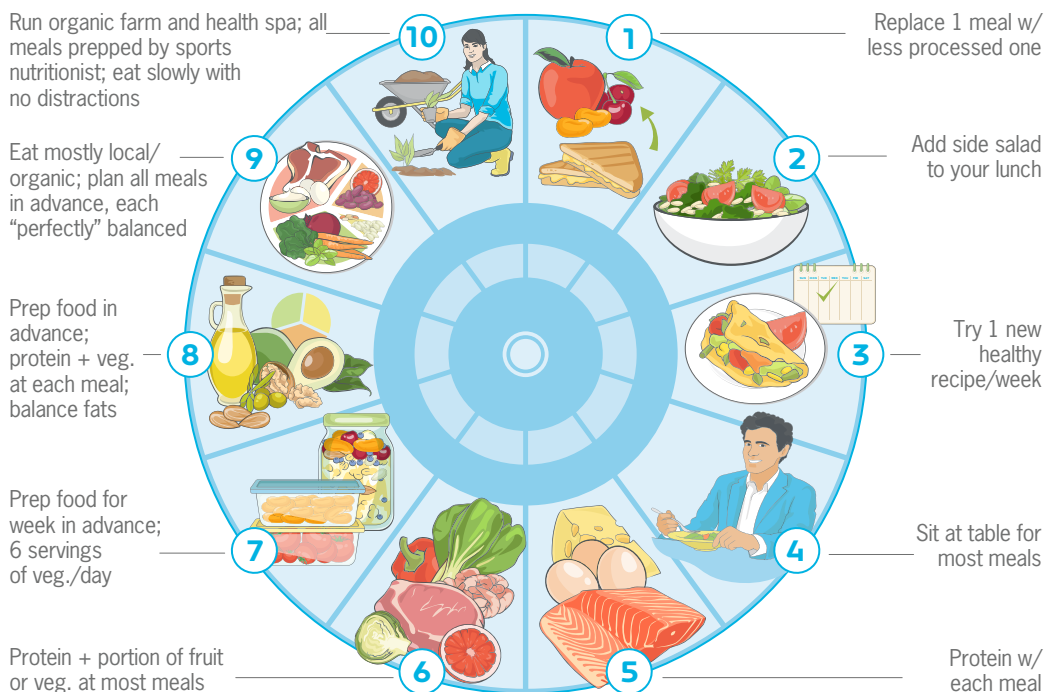
Nix the play/pause buttons, and instead think of your health habits as having volume knobs. Turn them up or down depending on what you’re ready, willing, and able to do today.

MOVEMENT

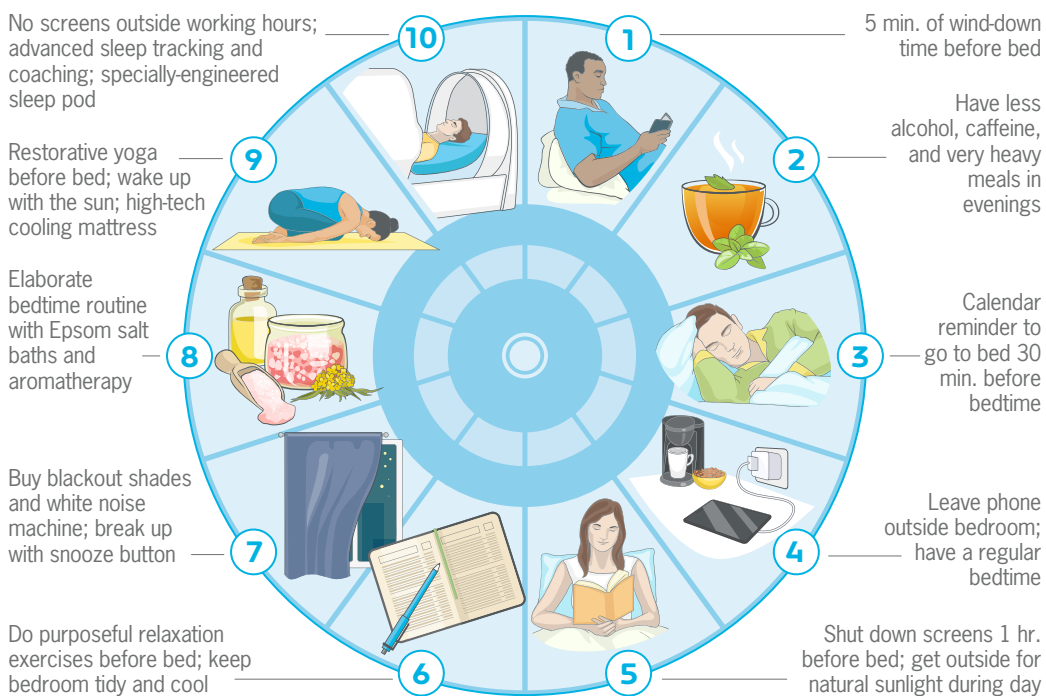




NUTRITION

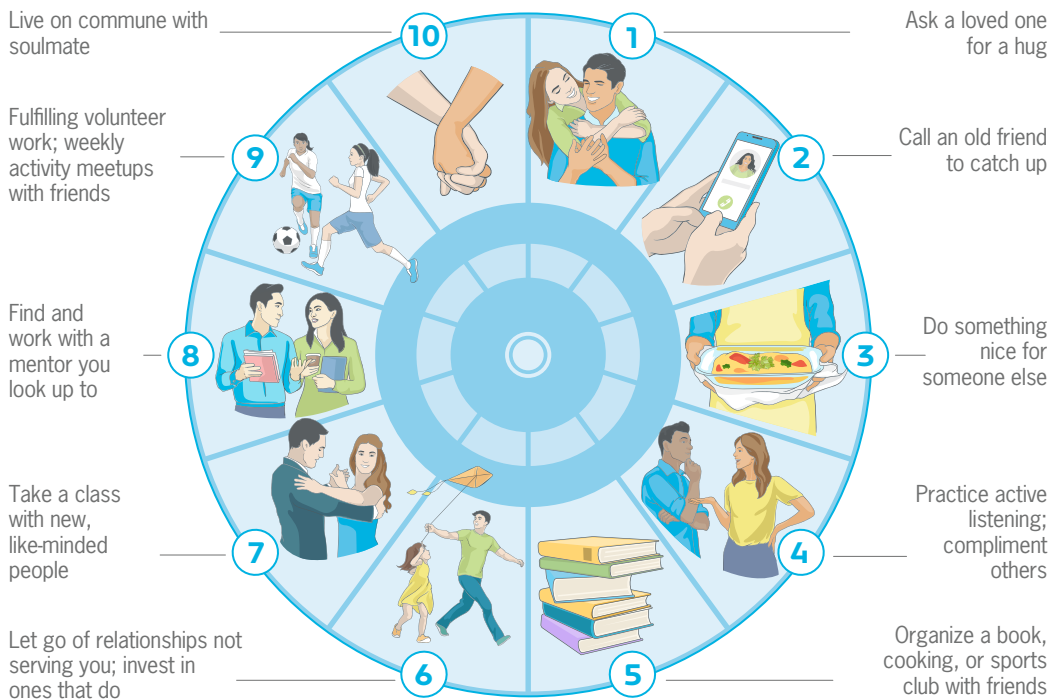


SLEEP

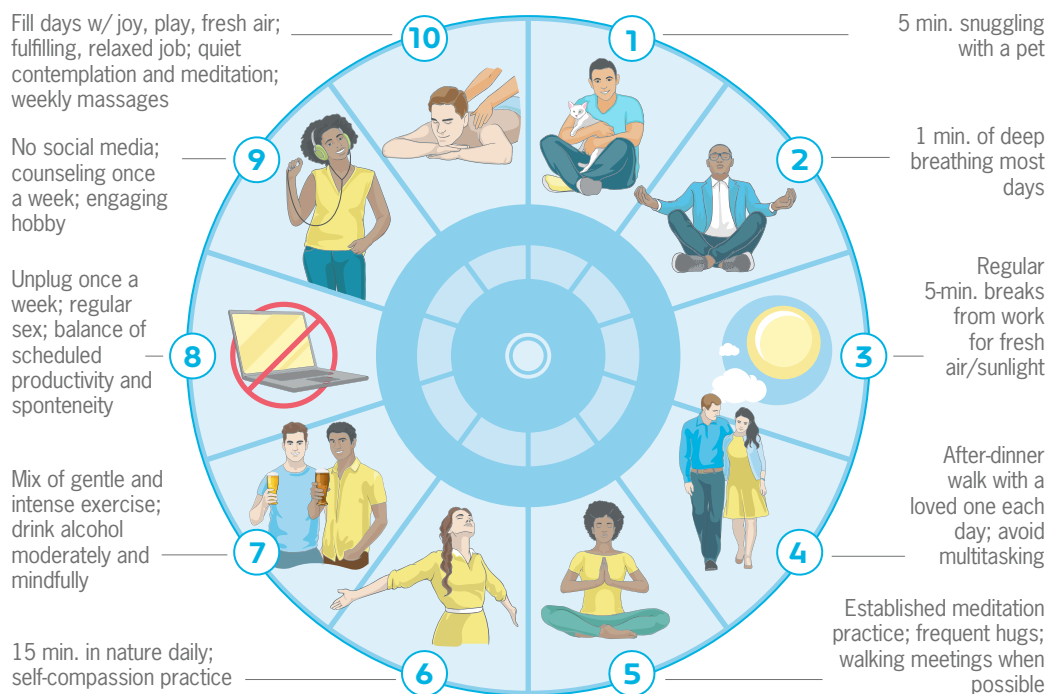




SOCIAL



STRESS

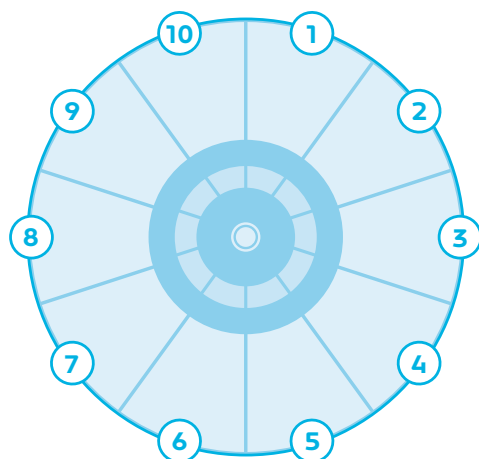




ENVIRONMENT



TRY IT OUT FOR YOURSELF



Step 1: Consider areas of life where you’d like to change or improve.

Step 2: Ask, “What’s the absolute MOST I could do?” That’s your 10.

Step 3: Ask, “What’s the absolute LEAST?” There’s your 1.

Step 4: Use 1 and 10 to fill in the other points on the dial.

Step 5: Refer to your dial when life gets busy (or slows down!).

Ready to take the next step in your career?

We might be able to help

If your career path includes coaching people to make lasting change, check out the #1 rated Precision Nutrition [Level 1 Certification](#). It's the most respected nutrition and lifestyle coaching education program in the world—and the next group kicks off soon.

Created specifically for people working in all areas of health and fitness, our self-paced nutrition certification teaches you the science of nutrition and the art of world-class coaching.

Developed over
15 years.

Proven with over
100,000 clients.

#1 recommended
nutrition certification.

Trusted by
professionals.

Whether you're already mid-career or just starting out, this self-study nutrition certification will give you the knowledge, systems, and tools to make real, lasting change with anyone you work with.

Visit [this link](#) for more information.

(Already a student or graduate of the [Level 1 Certification](#)? Take the next step and check out our [Level 2 Certification](#). It's an exclusive, year-long Master Class for elite professionals who want to take their nutrition knowledge and skills to the highest possible level.)

