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## It's 7AM – Time for the “What If?” Game

Friday, December 11, 2020

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First things first:

Get that daily dose of motivation. Login to Spark and Spin the Wheel

Then I remember this:



I know this works. After 3 months back on spark (with a kick start from the Fall 5% Challenge) I have turned around a disturbing upward trend. I am happily and securely back in maintenance range and I want to STAY THERE.

So open the nutrition tracker – Decisions, Decisions – What will my day look like?

The basics are easy. I'm a creature of habit. My plan will start like this

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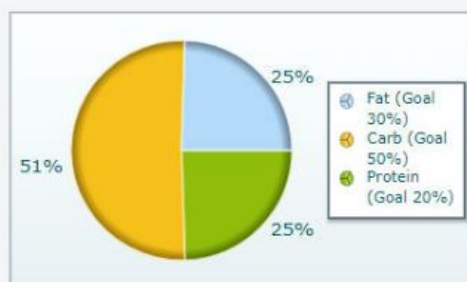
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## Weekly Progress

NUTRIENTS:	GOAL	TODAY
Calories	1,410 - 1,760	1,159
Fat	31 - 68g	32
Carbohydrates	159 - 286g	150
Protein	60 - 154g	73
Fatty acids, total saturated	0 - 25g	10
Sodium, Na	500 - 2,300mg	1,618
Calcium, Ca	100 - 150%	112
Cholesterol	0 - 250mg	160
Fiber, total dietary	25 - 35	15

So far that translates to these percentages

## Calorie Breakdown



I can plan this because breakfast and lunch never vary by much  
Those items are under the "recent" tab - A few clicks and half the day is done

Dinner? Left overs tonight so that's in recent too - Click, click  
My favorites have all my other regular dinners listed so if not left overs, I can click those instead.

Now the snack – "Ravenous Woman" (DH's term for me) WILL eat something around 3 PM  
I've got a bunch of possibilities in favorites too. Click some more

So that's the BASIC plan. NOW WHAT?  
I NEVER eat fewer than 1200 calories and strive to keep within my recommended range.

I know I will eat something else during the day. I always do.  
Or maybe even add a desert to dinner?

I know I will exercise throughout the day, but I also know I cannot outrun my fork  
I am very aware that whether I gain, lose or stay the same over time depends mostly on my diet.  
Exercise is only about 10% of the equation.

Too bad. I like exercise. FOOD has always been my problem.  
So back to the "what if" game also known as "Adventures in Nutrition Tracker Land"

My options during the day are limited to what I have in the house

There are no more grapes. Darn it!  
I am NOT venturing out among our anti-mask hoard unless absolutely necessary.  
I can buy more grapes then. So what's left.

Nugo Slim Chocolate Mint Protein bar?  
17 grams of protein 18 carbs and only 3 sugar (no artificial sugar)

Skinny Cow ice cream sandwich? Better than diving into Joe's Breyer's carton.

Fruit and Nut Trail Mix? Gotta watch quantity there. Easy to keep munching.

Joe's carrot cake? (Duncan Hines mix plus frosting)  
Only if I stick to the "serving size"

Hmm, fiber is low. Maybe add some Fiber One cereal to my mid afternoon snack?

Because all of the above are in my "favorites," I can see the nutritional value of each  
So plugging my decision into the tracker puts the reality front and center.

Whatever I decide today, I will know the facts going in.  
I prefer that to being blindsided or retreating into denial – Very easy to do for me.

One day won't hurt but over time THAT does NOT end well.

Note: There is room for all of us at this table. There is no "one size fits all"  
To some my carbs may seem high, but when I joined Spark 12 years ago, I was shocked to see that my carbs percentage ran 60 – 65% of my total. I come from a long line of peasant carb eaters.

I've got to have a plan I can LIVE with.  
My goal is to make my choices and own them, NO SURPRISES, NO EXCUSES

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## Member Comments About This Blog Post



**MTN\_KITTEN**



174 days ago

v



**HEALTHY4JEANNE**

I make a weekly menu up. For dinner only. I always skip breakfast because I fast until lunch.  
So I find it easy to make a light lunch and then eat the planned dinner.

We all know what works! I am glad you are able to plan to succeed!  
175 days ago

v



**KENDRACARROLL**

Yup, that's where the tracker shines.  
Great job!  
(I'm always fighting with my carb ratio...)



175 days ago

v



**LGRIF22**

I like the way you plan. I'm pretty good at tracking, but often do it after the fact. My chart is much higher in fats than yours. I try to make them good...like avocado or olive oil, though, so maybe not too bad. I'll be in maintenance soon, but then that depends on what I think I really want to weigh. Thanks for your insight!  
175 days ago

v



**MSMOSTIMPROVED**

You seriously have the planning down to a science. This wouldn't be so hard if it weren't for

those pesky serving sizes  
176 days ago



v

v



**BJAEGER307**



176 days ago



**NANHBH**



176 days ago



**ELSCO55**

Great job

176 days ago



**LINDA!**

You are doing so well. You do well with nutrition tracking. I do very well with fitness tracking but not so much with nutrition. When I did do it faithfully, I was much better not overeating. Carbs are my problem. Now that the Christmas season is here, we have already received several boxes of



peanuts and chocolates.

176 days ago



**THINCPL2004**

Nice job, you got a handle on it! Carbs are still my biggest problem!

176 days ago



**AZMOMXTWO**

great job you got this one

176 days ago



**RACHNACH**



176 days ago



**ALIHIKES**

Great job planning and tracking. I do the same (using a different tracker because I'm doing WW). And planning starts with grocery shopping. Particularly during this pandemic, I am trying to be organized and plan my meals ahead. I only want to shop every 7 to 10 days.

176 days ago



**DEE797**

As someone else pointed out, I have definitely not been using the tracker the right way. Thanks for showing me new things to do with it.

176 days ago



**MAW\_OH**

I like Skinny Cow Ice cream sandwiches! Keep up the good work!

176 days ago



**JUNETTA2002**

Awesome congrats on being back where you belong.

176 days ago



**CD10676776**



Planning meals, know which nutrients to eat, always start with breakfast and exercise. Plan, journal what you eat, is the key to successful weight management. I enjoyed



reading your blog.

176 days ago



**JPPERSELL**

Good for you that you track what you eat still even though you are in maintenance! I wish that when I was down fifty pounds five years ago I could have thought to get on SP and log in my calories! I am motivated now so I do the tracking just about every day. My calorie range is kind of high though. I keep changing it to lower calories but then it goes right back up I don't know why.

177 days ago



**THOMS1**

I track my nutrition every evening before I go to bed for the next day. It helps me to stay on track and if something comes up I can always work it in. My nutrition looks very similar to the picture shown. I learned long ago that failing to plan is a sure way to plan to fail and I think that one

V

of the hardest lessons to learn.

177 days ago



**NANANANA**

I haven't gotten to the point of using tracker to plan my day. I just check to see how I need to

V

finish. You found what works for you

177 days ago



**GRAMPIAN**

Very good.

177 days ago



V



**DONNALEE-53**

177 days ago



V



**MORAVIANSTAR**

This is a wonderful blog, and there are some ideas here I can incorporate - like you, I tend to be a pretty routine eater and most of my things are in my recent or favorites. I usually track in the morning, so it would be easy to make a plan for the day. Sounds doable and smart. Think I'll try it! Thanks for good ideas.

177 days ago

V



**CD26578995**

I planned on going to the gym today. Then, I decided I'm not going to go. Your blog post changed all of that. I'm going because I need to own my choices. Have a great weekend!

177 days ago

V



**SUSANYOUNGER**

177 days ago



V



**BONIFIANT**

Thanks for sharing you excellent plan.

177 days ago



V



**UPTOIT59**

Planning makes all the difference.

177 days ago



V



**RHOOK20047**

Plan, follow, and record that is my motto. Been doing this so long it is a routine for me. Using much of what you stated.

177 days ago

V



**PLCHAPPELL**

Great plan

177 days ago

V



**SHAKERATTLEROLL**

Well Said! KEEP SPARKING! KEEP IT UP!

177 days ago

V



**KITTYHAWK1949**

WAY TO GO! KEEP SPARKING!

177 days ago

V



LIS193



Tracking works! It shows us exactly where the danger zones are..



177 days ago



MARYJEANSL

I am impressed; it sounds very complicated.

177 days ago



NANCYPAULINE



As they say, not all carbs are created equal. I'm sure you know about choosing complex carbs. Low carb is a fad. Fads come and go. Good nutrition is basic.

177 days ago



DOVESEYES



177 days ago



SCDALYNCH

Yes plan and then do it!!! When I started Sparkpeople in October 2009 I had decided on my birthday October 2nd to do something about Weight and health. I weighed about 177 lbs. and was not exercising. Years before I had been at an exercise class and walking a couple miles after work with a neighbor. I had to have a plan. Sparkpeople has given me my health, physical shape, muscle strength and a food tracking plan. I was so low on protein, fiber, and fruits. It has taken a long time with several stops but I weighed in at 128 Wednesday morning. My knee surgery was more successful because I was not so heavy. I walk with my daughter and her dogs now and that has been wonderful.

Sparkpeople is a plan you can live with.



177 days ago



ALEXSGIRL1



177 days ago



HARROWJET



177 days ago



SUSIEMT

Good for you!!! From my TOPS days our leader would always say "if you fail to plan you plan to fail". It took me decades to come to know the truth of that statement! Enter Spark People! I have been a firm believer since day fifteen of joining spark to find out I did need to plan. The first 14 days I was logging all my food to find out how bad my eating was out of control. It was an eye opener for sure!

Great blog! (((HUGS)))



177 days ago



HOLLYM48



★ one day at a time! Good choices will make us happy!

177 days ago



1CRAZYDOG

Definitely all about what works for YOU PERSONALLY. You are so wise to allow yourself options. When boredom or that feeling of deprivation sets in, danger, Will Robinson!

I track, measure and weigh. Just have to for me



HUGS  
177 days ago

Comment edited on: 12/11/2020 5:58:44 PM




**MJREIMERS**  
Great job! Having a plan is always a good thing.  
177 days ago



**WHYNOTTRY45**  
  
177 days ago



**NANCY-**  
Excellent blog. Planning is so important.  
  
177 days ago



**POLSKARENIA**  
Great plan, so organised...  
177 days ago



**PHEBESS**  
Love your planning ahead - it works for me too. Now that we have a kitchen again, I've been cooking my dinner for the week all in one go - this week, chicken with a side of orechiette pasta with vegs - more vegs than pasta. Easy reheat in the microwave, toss in some shredded parmesano, and done. I alternate between 2 and 3 breakfast options, and yes, lunch is similar. Snack? Skinny girl popcorn (160 calories a bag and lots of fiber), Swiss Miss hot cocoa if it's a cold afternoon, or maybe Sigg's skyr (Icelandic yogurt) though that sometimes becomes "dessert."  
  
Yup, 1430 calories, roughly 55% from carbs. Like you, my ancestors came from central and eastern Europe, and if I do low carbs my bloodwork shows that my organs don't like that. (There must be some study of ethno-biology or something, right?)  
  
As long as we're losing and/or not gaining, all is good.  
177 days ago




**DARLENEK04**  
You have a plan and are putting it into play.....I have some exercises I believe I can do without doing a lot of damage, but will have to wait til after I get my shots in the back in order to do them or actually getting started doing them.  
I am actually walking with the aid of a walker or cane because my back is out so badly.  
  
My food is not a problem. I can stick to my food plan easy enough...  
  
Good going.....Rock on.....  
177 days ago



**CD4114015**  
  
178 days ago



**SPEDED2**  
What an outstanding way to plan your day. The tracker is a valuable tool. Thank you for sharing your plan and your story.  
  
  
Stay safe. Be well.  
178 days ago



**MORTICIAADDAMS**  
Sounds like you found what works for you! Great!!  
178 days ago



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