

To Track or Not to Track?

Pros

- Better understand eating habits and patterns
- Make connections between emotions and eating
- Identify links between what you eat and how you feel
- Pinpoint food allergies or sensitivities

Cons

- May become obsessive or trigger disordered eating
- May lose connection with your body
- Can take the joy out of food and eating
- Can be tedious and create boredom.

Why it Works

- Tracking grounds us in reality by increasing awareness and curiosity
- There is often a disconnect between what is actually happening and what we *think* is happening.
- From there, you can see what is working, what isn't, and plan for change.

Options

- Try a food journal that doesn't include calories or macros (or any numbers!)
- Track specific behaviors (drinking water, snacking, reframing thoughts, etc.)
- Try a "non-food" journal that captures your recent successes, challenges, and insights

If you use an app...

- Be skeptical of calorie suggestions
- Disconnect it from fitness tracker
- Don't treat all calories equally
- Listen to your body
- Use it for feedback, not judgement