

How do I get back on the program?

1. **Drop the Guilt**

- You didn't fail — you learned. Beating yourself up only makes it harder to restart. Instead, take a deep breath, remind yourself that one meal or one weekend doesn't erase your progress, and begin again.
- Think progress, not punishment.

2. **Start Fresh**

- If you enjoyed a vacation, a party, or a weekend off — great! Now it's time to reset.
- Clear out any leftover "temptation foods" from your home. Restock with real, whole foods.
- Prep your meals for tomorrow so you're ready to succeed.

3. **Win the Meal — Not the Day**

- You don't have to "fix" the whole day at once. Start by making the next meal a good one. Each time you eat well, you're reminding your body and brain what consistency feels like. One good choice often leads to the next.

4. **Return to the Basics**

- Don't start a strict weight-loss phase right away. Just focus on eating real food for a full day: Protein + Vegetables + Starch or fruit at every meal.
- The reason for returning to whole foods is to cut cravings naturally. Going too low-calorie or too restrictive after a slip can make cravings even stronger and delay your reset.

5. **Log Your Meals Again**

- Start tracking your meals — not for perfection, but for awareness. Seeing your food written down helps you notice patterns and rebuild consistency. Send your logs in to your coach.

6. **Reach Out for Support**

- If you're struggling to find momentum, contact your coach. Your plan can be adjusted to meet you where you are. You don't have to "get perfect" before asking for help — that's what we're here for.

7. **Remember Your "Why"**

- Why did you start this journey? Better energy? Confidence? Health? Strength? Revisit that reason. It's the anchor that helps you stay consistent when motivation fades.

