**Part 10 – Post-Goal Mindset**

**Key Takeaways**

* Hitting your fat loss goal isn’t the end—it’s the **beginning of maintaining** your success.
* You can choose to keep tracking, reduce tracking, or stop entirely—**depending on your preferences and habits**.
* **Reverse dieting** is a valuable tool to restore metabolism and maintain results with more flexibility.
* The biggest risk post-goal is going back to old habits.

**Action Steps**

1. **Choose Your Next Phase**
   * Maintain current routine and tracking if it feels easy
   * Reduce tracking but keep prepping meals and making mindful choices
   * Stop tracking only if strong habits are in place
2. **Reverse Diet If Needed**
   * If you’re too lean or fatigued, slowly increase food intake to restore metabolism while maintaining your results
   * Increase calories gradually by 2–3% per week
   * Prioritize carbs > fats if possible
   * Adjust protein slightly lower (to ~0.8g/lb body weight) if desired
3. **Monitor Changes**
   * Watch for weight gain beyond 0.5% per week
   * Reduce calories back down if fat gain becomes noticeable or uncomfortable
4. **Avoid the "Food Bender" Trap**
   * Don’t undo your results with unrestricted eating post-diet
   * Plan ahead for vacations, holidays, or high-calorie events
   * You are the most susceptible to putting weight back on after being in a calorie deficit (post-diet)

**Common Mistakes to Avoid**

* Stopping all structure after hitting your goal
* Not planning for life events (vacations, weddings, etc.)
* Believing that tracking forever is the only way to maintain