

BEST PRACTICES FOR TRAVEL OR VACATION EATING

It is not realistic to expect you'll have absolute full control over your nutrition habits all year long. This resource is intended to help you manage expectations and set appropriate intentions for when you are unable to diligently track and hit macro targets or fully execute your personalized plan.

Illustrated below is a spectrum that outlines example behaviors that you might visualize yourself engaging in at different points of your health journey. Use this spectrum as a guide to setting small, realistic goals to stay committed to your goals throughout periods of vacation, travel, illness or injury, etc.



BEHAVIORS OF A PERSON WHO IS LEAST ADHERENT	BEHAVIORS OF A PERSON WHO IS MODERATELY ADHERENT	BEHAVIORS OF A PERSON WHO IS MOST ADHERENT
Does not attempt to make macro balanced meals	Attempts to make macro balanced meals by identifying some protein-, fat- and carbohydrate-containing foods	Always makes macro balanced meals with protein-, fat- and carbohydrate-containing foods
Does not attempt to eat whole, real foods	Chooses less nutritious options than they would at home, but still eats mostly whole, real food based meals, makes more exceptions for alcohol and treats	Chooses whole, real foods most of the time, minimizes alcohol and treats
Does not attempt to avoid trigger foods	Attempts to avoid trigger foods when convenient to do so, but makes some exceptions	Avoids trigger foods to the best of abilities
Does not track macros	Loosely tracks macronutrients to stay accountable but does not attempt to hit targets; intuitively eats needs; tracks protein only	Diligently tracks macronutrients and attempts to hit daily targets
Does not attempt to exercise	Attempts to be active; might walk for transportation; finds travel-friendly substitutions for regular workouts	Seeks out physical activity where possible; engages in regular workouts and adheres to typical schedule
Does not bring along supplements or pack convenience products	Brings along supplements and convenience products, includes them when absolutely necessary	Brings along supplements and convenience products and adheres to typical usage schedule; visits grocery store to fill potential gaps in nutrition