



BROOKLYN_BORN

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Still learning after all these Spark years

Wednesday, February 10, 2016

Spark and Sparkers have been responsible for my continued motivation and success. However, I had become complacent. I know what I have to do and logging in here has kept me doing it.

So what a surprise to realize that since 2013 I could have linked my nutrition and fitness trackers together and let Spark calculate and adjust my calorie and nutrition ranges accordingly.

I use the nutrition tracker to plan my food for the day. It's a game to me. What if I eat this and not that? Since most of what I eat is similar over time, everything is in "recent" and this only takes a few minutes.

For nearly 7 years I would just "eyeball" the relationship with calories burned during workouts. If it was a rest day or an easy workout day, I would aim for the bottom of my calorie range. On days with longer or more intense workouts (like a distance run), I would aim higher, near or a bit over the top of my recommended range.

This has worked well keeping me in maintenance for 6 years. Suddenly by linking the trackers together, I have lost a few pounds. It's not a big deal. My maintenance range is rather small 132-135 (I'm 5'6").

For the last few weeks my daily weigh-in hovers at the low end instead of the high end.

My data driven mind is intrigued and interested in how all this will play out over time.

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DMEYER4



1940 days ago



MARYJEANSL

I smiled to read this blog. I like the way you think. Were you an engineer in an earlier life? ;-)

1940 days ago





HEALTHYANDFIT27



1941 days ago



OHMEMEME

Awesome for you! It's so cool to hear about maintainers who are working through the process. It keeps me grounded to hear these things.

I don't link nutrition and fitness. I keep my cals consistently at high range and exercise is just an extra...if the scale is consistent then I'm good. I don't like getting caught up thinking I should eat because I've exercised. I don't train really hard so it works for me. Maybe I will try it one day.

Your story is amazing and inspiring. Keep Sparking!

1941 days ago



WATERMELLEN

Haven't linked my trackers yet -- but like you eat pretty much the same stuff day after day anyhow. Do like to see that I've hit reasonable targets for protein, carb, fats and quite a range of vitamins/minerals

1941 days ago



STEVIEBEE569



1941 days ago



CD13202979



I need to explore this more.

1942 days ago



CHANGINGHORSES



1942 days ago



LEXIPEDIA79

congrats on staying in maintenance for six plus years.

1944 days ago



SEAJESS



1945 days ago



KRISSY82

Nice discovery!

1946 days ago



DOVESEYES



1946 days ago



PGBACK



1946 days ago



MILLEDGE2

I'm a bit red-faced to admit I hadn't noticed that either. I think I'll give it a try. Couldn't hurt!

And if anyone is having a problem with tracking food when eating out, the smart phone app is pretty darned helpful.

Thanks for posting!

1946 days ago





CD4114015



1946 days ago



CD15641307



1946 days ago



LIVEDAILY



That you've found another helpful tool to help you on your journey!!

1946 days ago



CD13758606



1946 days ago



PHOENIX1949



1946 days ago



WILSONWR

You have been doing great , and now you have even another tool to help you!

1947 days ago



IFDEEVARUNS2

I've had them linked but haven't met with the success you have - clearly I'm not using it properly. Kudos to you!

1947 days ago



PHEBESS

I think there are probably all kinds of tools that we could use - things constantly pop up and surprise me.

I'll try linking nutrition and fitness and see what happens.

1947 days ago



MEADSBAY

Your body is a finely tuned machine, my friend.



1947 days ago



BBEAGAN

That's funny you hadn't noticed it! I turned off the linking. I need to know my average daily range so I can pay a bit less attention to eating. If I get a lot of exercise (like 90 min of snow shovelling yesterday on top of the ordinary!) I don't want to have to be thinking about what to eat to get an extra few hundred cals. I want to know an overall average. Like most weeks I burn about this many cals, so on average my daily intake should be X. That way I know in advance that each meal should be about X cals and can calculate roughly in my head even before tracking. If weight creeps up or down after 6-8 weeks, adjust.

1947 days ago



POLSKARENIA

I find it good fun too. Sometimes I get creative using up 100-200 calories at the end of a day. Numbers are fun!

1947 days ago

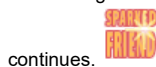


ONEKIDSMOM

Fascinating turn in the experiment of one!



Look forward to hearing how the journey



continues.

1947 days ago





JKPONYGIRL

I love playing the if I eat this instead of that game!
1947 days ago



GINIEMIE

My problem is tracking what I actually ate. I have high hopes, but then they get dashed by a meal out or a sudden change and I forget to write it down so I can track it later. Grrr. I've been



restarting almost daily lately and I do have about 30 pounds to drop.



1947 days ago

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