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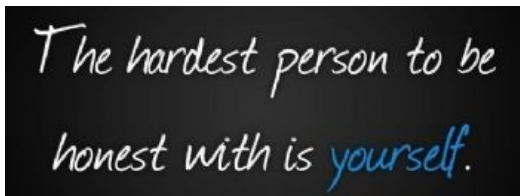
Is this a FLUCTUATION? No, it's a TREND!

Tuesday, January 26, 2021

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I returned to Spark in September after admitting that being a Covid hermit was sending my weight in the wrong direction. It was only 4 pounds but I don't believe in waiting for double digits. The pounds disappeared with a kick in the rear from the 5% challenge and all was well until now.



Over the last TWO weeks I have gained 2 pounds.
I understand daily fluctuations very well but "fluctuate" means UP and DOWN

I weigh myself every morning. I must clarify that the number never affects my day.
It is a data point just like my blood pressure which can vary depending on a variety of things too, but if my blood pressure only increases over time, I better figure out why and not just stop taking my BP.

My scale is at the entrance to my kitchen – part of my morning routine
(the history of this location is a different blog entirely, maybe next time)
There were a few tenths gain every day. No big deal individually.
But always up, never down? That is the big deal to me.

So what is going on?
I login to spark every morning
I track my food plan for the day and edit later if something changed
Because of my intense language course, my activity is a bit less but not enough to make a difference.
I track that too.

It must be the food. For me it is ALWAYS the food

Well, there was that cheesecake that DH bought for his birthday.
It had 12 individual pieces of assorted flavors. We decided we would have one piece each night for a 6 day celebration of his turning 76.

There wasn't any nutrition information on the cake. Of course not!
So I used the Spark database and entered "cheesecake, commercially prepared"
No excuses. I ate it. I tracked it. I owned it.

Only when we ate the last piece did it occur to me to look more closely.
I had ignored the portion size in the tracker. I was entering 1 OUNCE of cheesecake.

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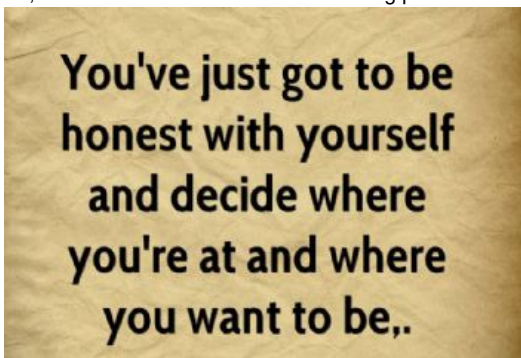
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Oops, not 100 extra calories per day, but 340 extra. More than triple the carbs too. I had already been near the top of my daily range because during class breaks, I always had “something to go with my tea” dutifully tracked.

Now I was really over the top. Nutrients out of balance too.
So, there it is. Several weeks of overeating produced the obvious result.



Where I'm at isn't terrible, but I don't want to continue down that path
Time for honesty and taking steps in the right direction

“Even just one step in the direction of being the best you means you're not standing still”
(Nebraskannie)

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DONNALEE-53



97 days ago



SLASALLE



Great blog! VERY useful information. I never even thought about fluctuations meaning up AND down. Duh! Kuddos to you for being so on top of it. One of the comments also replied with something I love: "The scale can be your friend."

Well done and well shared!!! Bowing in gratitude!!

Stephanie
124 days ago

MARYJEANSL



That cheesecake does look delicious. Who knew it was that many calories? Yikes!
128 days ago

**SPARKLINGME176**

Fun blog! Sorry I missed it before! You are amazing & I am so happy you are back! The Pilates team is small, but helps me too! I am VERY happy to say I do not like cheese cake. When I first started SP, I was a sweet lover. That has changed, now it is NAKED popcorn. I have to measure it

out. But not too bad for a snack!



128 days ago

**DEE797**

I'm with NANHBH. You have piqued my interest as well.



My scale is at the entrance to my kitchen – part of my morning routine (the history of this location is a different blog entirely, maybe next time)"

128 days ago

**SYNCHRODAD**

Full and accurate tracking is the number one activity for me to lose or maintain. I've been stuffing off and it shows in my waist line especially over the last year.

128 days ago

**LYNCHD05**

Ah the Covid pounds.....so many of us have acquired a few. Only one to blame is ourself and we know what we have to do. So just do it!

129 days ago

Comment edited on: 1/29/2021 10:08:38 AM

**4EVERDIETER**

Lesson learned.....but I bet the cheesecake was so good!

129 days ago

**MAREE1953**

Ah, yes, portion size can be a big trap for the unwary! Maintenance takes vigilance. Sigh

129 days ago

**FRAN0426**

You have done better during the Covid with only gaining 4 pounds. Your will lose all of the pounds soon. I will watch for the blog about the scale near the entry into the kitchen.

129 days ago

**KEEPITUP4LIFE**

Now that the cheesecake is finished, you can get back in the saddle and those pounds will melt away. Always weigh when in doubt. I have had my scale since I was 31 years old and I am now going on 69. I use it quite often although I can eyeball many things so close to the gram.

You have learned a valuable lesson in how to gain when we think we re doing okay.

The scale can be your best friend



Hugs Susan

129 days ago

**AALLEY2**

I love the cheesecake on the scale!

129 days ago

**NANHBH**

"My scale is at the entrance to my kitchen – part of my morning routine (the history of this location is a different blog entirely, maybe next time)"

Ok, you piqued my interest in this story!

129 days ago

1ZIPPYC

Oh, yes, that sugar will do that everytime! We all need a treat once in awhile, but if you got



more sitting around like delicious cheesecake- that's a temptation. If it were on my house, it wouldn't have lasted 6 days! You can pay yourself on the back for your willpower at least. Being honest on your tracker each day and weighing in, will help you stay focused on what needs to change, if needed.

You did good just gaining 4 pounds during Covid-19 lockdown. Way ahead of me on that one too! I



gained 10, but have lost 9 of them already!



129 days ago



PAMBACH

Wow just the kick in the butt I needed. I think I will re-read this.

129 days ago



NEWNANCY2012



That slice of cheesecake looks so good! I track my weight every morning. When I'm up it is because I ate too many calories the day before. It is as simple as that. I'm sure your husband



really enjoyed the cheesecake for his birthday!

129 days ago



SUNNYBEACHGIRL

I weigh myself every day and record it. I have a sheet set up so that I can see when I start to go up. I do not like tracking but do it when I get too far away from my maintenance weight.

129 days ago



DESIREE672

This is a crucial issue in maintenance. If I say something about a small weight gain to DH, he says it's nothing and I agree saying as long as it's not part of a steady upward trend. I'm up five pounds from where I started maintenance five years ago, gained steadily over time - nothing if it stops there, but not nothing if the trend continues. Your title really captures what maintenance is about.

129 days ago



PERSISTENCEMIMI

Thank you for sharing. You figured out a great plan. Your cheesecake (one slice) choice was wonderful.

You can see below the nutrition information for the Oreo Extreme Cheesecake, one slice, at the Cheesecake Factory!

According to Jennifer Glockner, RDN, "At The Cheesecake Factory, the Oreo Dream Extreme Cheesecake, has:

1,630 calories
98 grams of fat
57 grams of saturated fat
3 grams of trans fat
135 grams of sugar and
860 milligrams of sodium

Mimi

129 days ago



METAFUKARI

The thing that caught me here was 6 slices of cheesecake for 6 days. I could only eat a few bites of cheesecake for one day and I am good. Sweets have never been my thing. Crackers on the other hand....

Good for you for figuring out what the issue was, HONESTY is always the answer!



129 days ago



RETIRESUE

It is so easy to underestimate the calories in "treats" or the portion size or how much we're eating. I'm guilty of all three, and yes the results will show up on my scales. Glad that you realized what was causing the gain. It was a temporary situation (celebration) and I'm sure you're right back



on track and those gains will disappear!

129 days ago



**MSANN59**

Love it so sweet and true♡♡
129 days ago

**NEW-CAZ**

Well Said! **KEEP SPARKING!**

129 days ago

**POLSKARENIA**

Great blog!
Yes, it's only ourselves we cheat....
129 days ago

**SLENDERELLA61**

Great blog! So much wisdom here. Thanks. I admire your logic and action plan.

I so want to use the scale number as data. Logical. I find that so hard to do, even when I get off the scale and say all the right things to myself, later on that day of a heavy weigh I find myself either wanting to give up or eat too little.

Yes. Fluctuations go up AND down.

And, yes, I have had things that I miscounted, too. My worst one was a blueberry muffin I was counting 140 calories when it was 480. Yep, as accurate as we can is helpful.

Glad you are part of this wonderful SP community!
129 days ago

Comment edited on: 1/28/2021 4:37:07 PM

**THOMS1**

Yup, size matters and I have been guilty of that more then once!
129 days ago

**BESSHAILE**

it's always something - it's never a fluke. You just have to look and then admit what you're seeing. As you say, fluctuating means things actually are in flux - not going in a direction. I'm impressed that you stop things at a single digit. Inspired to set that as a goal for me too - LOL - after I achieve the other small step goals I've set myself.

Maintenance is pretty much the same kind of work that got you to goal - just maybe smaller increments - and cuter clothes.
129 days ago

**DDOORN**

I bust through any such "trends" with a Zen Slap and a multi-day fast after which I get back to what I know works best for me.

Great blog...we can't afford to relax our vigilance!

Don
129 days ago

**ADRIENALINE**

Great blog! Thanks for letting us know
129 days ago

**RETIREDGMA**

I can see this in my weight! I have gained about 6 lbs since the pandemic started. I'm not too sure if my portions have started to be larger as I am eating the same foods. Having reached my goal weight after 20 odd years I have to get a handle on this.

I do think that once in a while you can have a treat.....wishing your DH a happy birthday!
129 days ago

**ONEKIDSMOM**

How did I manage to miss this one... must have slipped through one of those cracks! Great

blog, and so true... it's always the food!
129 days ago

**ROBBIEY**

I could have written this myself, this is so me; even the part where I weight myself daily. I have gained 3.8.





It is the little things that keeps my weight creeping up. I must do better
129 days ago



KENDRACARROLL

You noticed the trend, you identified the cause.
You can now tackle it.
But you know this, of course, you're a SparkPro.



129 days ago

v



BARBARAJ73

Good for you... tracking AND catching the portion size oops! I had a recent one myself... I bought cookies in individual packets hoping to satisfy my inner cookie monster plus stay accountable. Last week I opened the box and looked at the label (they can be deceiving!!) to enter in my tracker - a portion was only 1/3 of the packet... grrrr. Well, as you said - we move on and do the best we can. Being a CoVid hermit myself and in the middle of winter weather equals a double whammy.



We will persevere!!

129 days ago

v



JOYNEW

Glad you caught it!
130 days ago

v



MARTHA324

Yikes! that was an ugly surprise and at least you now know what was going on. It does surprise me that what seems like very small changes can really affect my weight.

Kudos to you for catching this small weight gain before it gets out of hand. You long term maintainers teach us so much and are such an inspiration.

And now to. have breakfast and then walk our dog. A great way to start the day.
Have a wonderful day!



130 days ago

v



FRITZYS_MAMA

Glad you were able to realize your misstep and get back on track. Being honest with ourselves

makes a big difference. You can get back on track now and you will do it!



130 days ago

v



TORTOISE110

I really needed this today I have put on Covid pounds and I think I need to get more meticulous about portion and calories too. thank you!
130 days ago

v



2DAWN4

I am so glad that I stumbled across your blog. It was very encouraging to know the struggles of others. But I can tell, you've got this!
130 days ago

v



QUARTERMASTER3



130 days ago

v



PATRICIAAK

responsible plan -- wtg!
130 days ago

v



THINCPL2004

I am in the same boat 🍷 😊 too much good food and not enough exercise!
130 days ago

v

v



KITTYHAWK1949

I have not been so good the last couple of days. Time to get back to doing what is needed.



130 days ago



ETHELMERZ

So, you are done with the cheesecake, you needed something good for a change, now back to the normal basic, and the weight goes back down. Normal for January, too, for many people. Do not worry yourself into a tizzy over it. You are a busy person! Take care....

130 days ago



RACHNACH



130 days ago



NOVEMBERGAIL

Great blog. I am having the same problem and it is not knowing the real amount of calories in the portion I am eating. It is a question of honesty and facing the real reason for the scale not moving. Not enough intense exercise and not upping the calories in what I am eating. Thanks!

130 days ago



THROOPER62



131 days ago



MJZHERE

Really appreciate the idea of tracking food plan first. New to me and am definitely going to implement. You've got this! Good example to nip it in the bud early on.

131 days ago



USAF-RETIRED



131 days ago

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