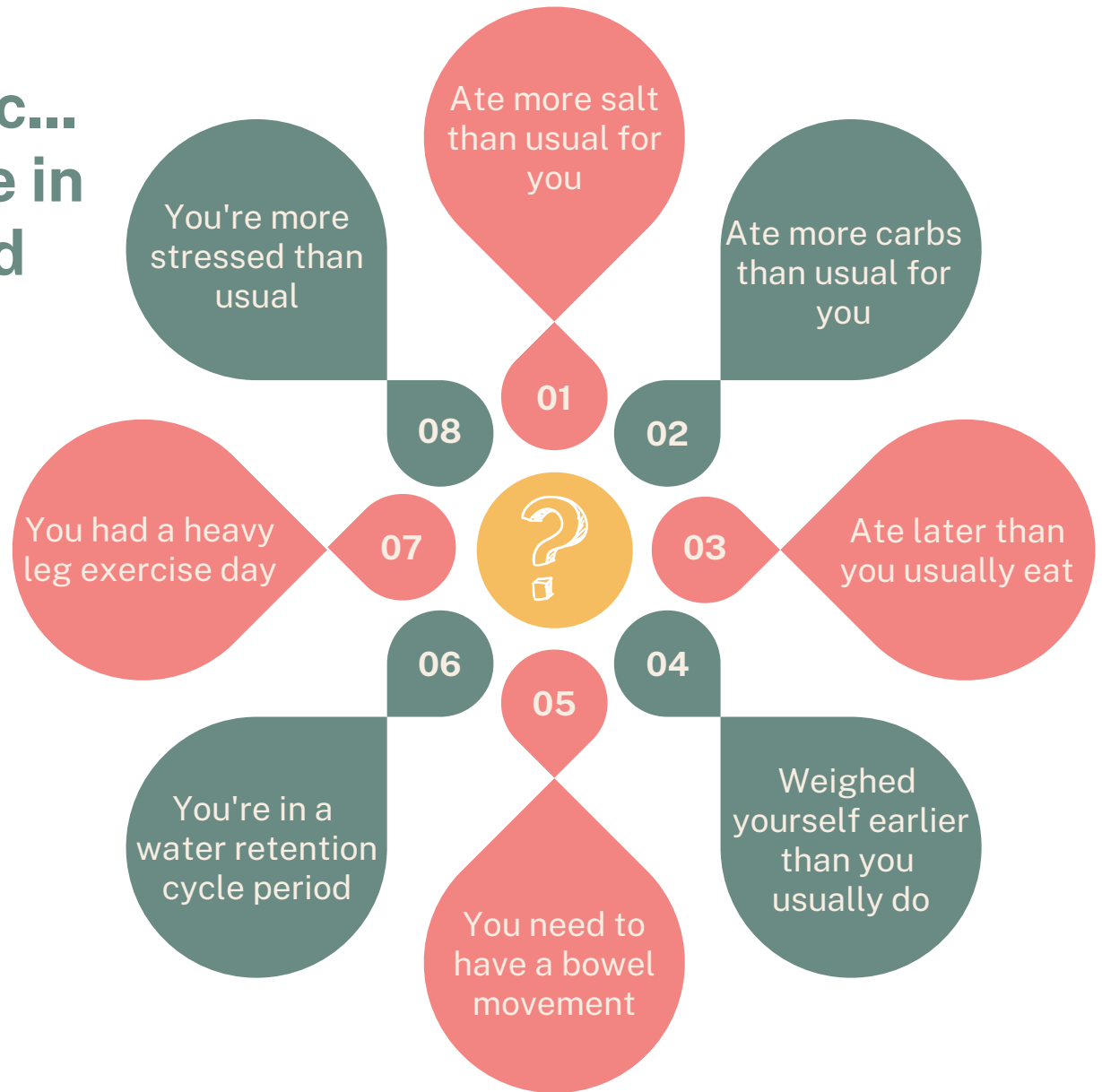


**Before you panic...
maybe the spike in
weight is caused
by one of these
things...**

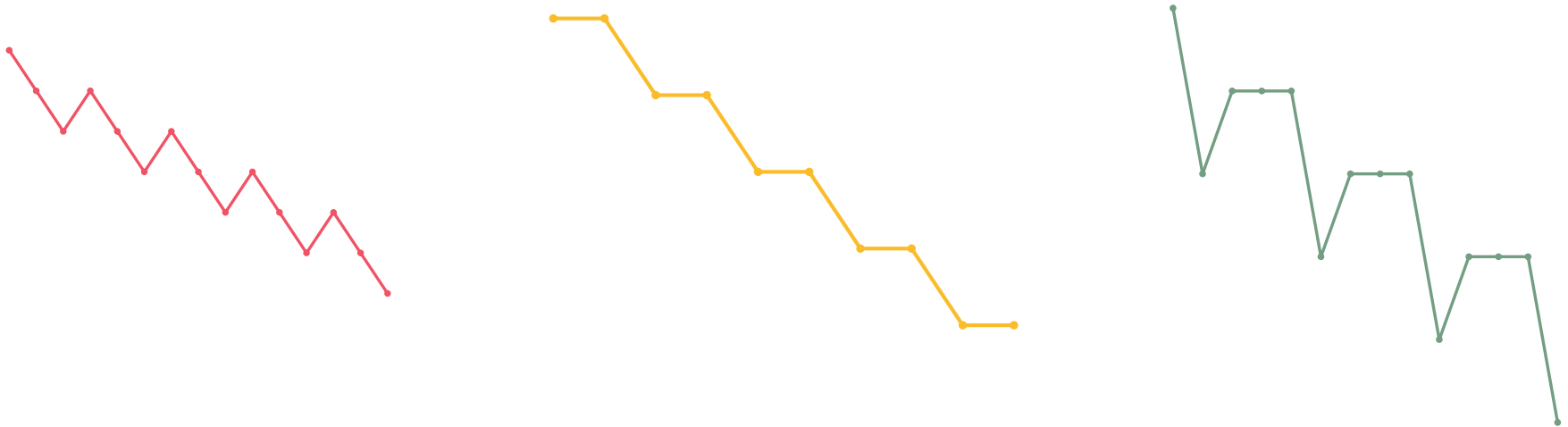


Food Freedom
with Aline Kaehler

@aline_kaehler | www.alinekaehler.com
www.practicethecore.com
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Some weight fluctuation is NORMAL. If you are being at least 80% consistent in hitting your calorie target these are normal fluctuations.

If your weight fluctuates but OVER TIME (look at a minimum of 2-4 weeks) it goes down, then you are losing fat. If your weight fluctuates but OVER TIME (look at a minimum of 2-4 weeks) it stays stable, you are maintaining your weight.



These examples are very common curves, and they all show a downward trend, no matter how steep the fluctuation may seem.