

# SOCIALISING CHEAT SHEET

We socialise with people because we like to spend time with those people. If we NEED to drink / eat / take drugs / derail ourselves with these people to have fun, what kind of friendship is this?

You are a grown man, you have the power to say "no" to something.

What goes in your mouth is YOUR CHOICE - make sure your actions are in line with your expectations. Communicate your goals/boundaries clearly.

## FOOD

- Prioritise protein.
- 2-3 portions of vegetables with your meal.
- Choose single-ingredient foods where possible.
- Order sauces on the side.
- Pick your meals ahead of time so you can plan around your socials.
- Don't drink your calories.
- Sharing is caring, share starters/desserts.

## ALCOHOL

- Opt for lower calorie drinks - clear spirits and 0 cal mixers.
- If you are drinking more than once per week, you will MASSIVELY slow down your progress.
- Alcohol impacts sleep quality and decision-making during and after.
- If you are big enough to drink, you're big enough to train and eat well the day after.
- Don't let one night impact 3 days - that's almost half your week.
- Are you drinking as a choice or a reaction to something? If you are drinking, make sure it's on YOUR terms.

## PLANNING AROUND SOCIAL EVENTS

- Multiply your daily calorie target by 7 - this is your weekly calorie target. You can adjust this throughout the week to manage socials.
- You could knock 200-300 calories off through the week to give more wiggle room on a weekend event.
- Put food/alcohol for the event into MFP AHEAD of time (early in the week) so you know what you're working for the rest of the week.
- Eat less on the day or skip a meal/ have smaller meals.
- Add in extra steps/cardio to offset increased calories - 6000 steps is approx 200 cal.
- Big meals/sessions will cause weight spikes. Don't panic, stay the course, straight back on plan the day after, it will settle.

## WHAT TO DO IF YOU GO OFF TRACK

- Don't panic.
- Don't hit the fuck it button.
- No double negatives, straight back on your plan.
- Tell your coach - There is nothing to be ashamed of, keeping us in the loop helps us to help you.
- Don't stick your head in the sand, we don't want to build negative momentum.
- It happens to everyone, it's not about being perfect it's about how quickly we get back on track when we're not.