

Why you Blow it on the Weekend



You stick to your goals all week — and theeeennnn the weekend comes. You're busy. You're social. You want to let loose. Your routine falls apart.

Sound familiar?

You're not alone! And you're not a failure. What's happening has nothing to do with willpower and everything to do with the invisible pressure system you've been living in.

The weekend blowout doesn't start on Friday night. It starts on Monday morning — the moment you decided to "be good."

This guide will teach you 3 tips for sticking to your nutritional goals through the weekend. So, you can start doing things differently — this weekend.

Kellie Nichole

MOVE.CONNECT.LEARN.

3 Tips for Sticking to Your Nutritional Goals Through the Weekend

TIP 1

STOP "BEING GOOD" DURING THE WEEK

The harder you grip during the week, the harder you fall on the weekend. It's physics — what goes up must come down. When you label food as allowed or not allowed, you build pressure inside yourself all week long. By Friday, that pressure has to go somewhere.

Instead, practice the 80/20 rule — eat 80% natural, whole foods and 20% foods that you simply enjoy every day, not just Monday through Thursday. As long as you hit your macros using this system, you will meet your goals and feel well.

Don't save your treats for the weekend like a reward system. You are not a dog. You don't need to earn your treats. When you release the grip during the week, the weekend loses its power over you.

YOUR ACTION THIS WEEK

Notice one moment this week where you're being stricter than you need to be — and consciously soften it. Just one moment.

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TIP 2 OF 3

CREATE A WEEKEND ANCHOR

During the week, structure keeps you grounded. The weekend blows all of that up — and when structure disappears, so does your sense of groundedness around food.

A weekend anchor is one simple, nourishing thing you do on Saturday and Sunday mornings that signals to your body: I am still taking care of myself. It doesn't have to be elaborate. A nourishing breakfast before the day gets away from you. Ten minutes of quiet with your coffee. A short walk before the errands begin. A cardio class for a high calorie burn.

The point is that you have one thing that says: I come first — even on Saturday.

YOUR ACTION THIS WEEK

Choose your anchor before this weekend. Something small, doable, and that feels like a gift to yourself — not a rule to follow.

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TIP 3 OF 3

REPLACE THE MONDAY RESTART WITH A SUNDAY RESET

Every Sunday night spent in guilt and shame costs you more than you realize. That emotional weight sets up the exact same cycle for next week — because you're beginning from depletion, not strength.

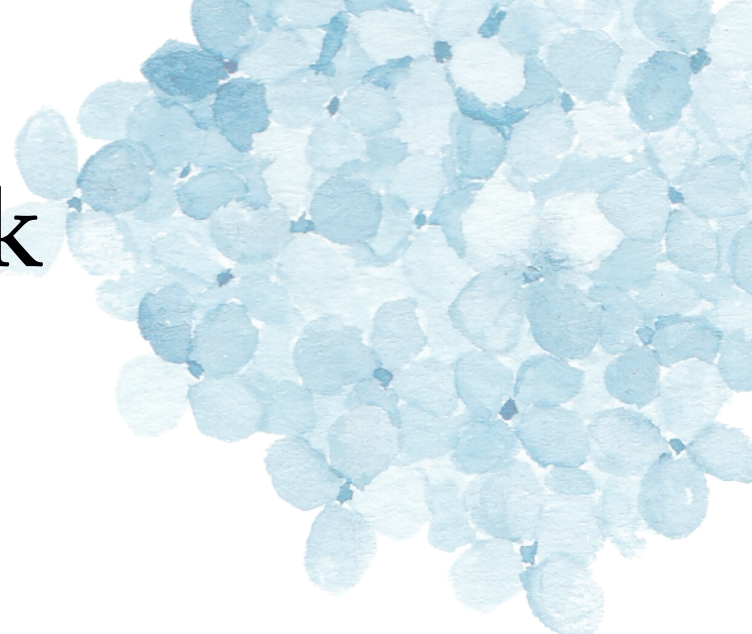
The Sunday reset is different. It's not about erasing the weekend. It's about gently closing it. One small act on Sunday evening that feels like a quiet return to yourself — not a punishment, not a plan to be better. Just a return.

You are not starting over. You are continuing. There is a difference — and that difference matters more than you know.

YOUR ACTION THIS WEEK

This Sunday, do one small thing that feels like a gentle return to yourself. Write down one thing you're proud of from the weekend.

I Want to Work with *You!*



READY TO GO DEEPER?

These three tips will improve your weekends. But if you've been in this cycle for years, there is something deeper going on — and tips alone won't touch it.

The weekend blowout is almost always connected to how you learned to relate to food, the beliefs you carry about your body, and the story you tell yourself about what you deserve.

That's the work I do in MOVE.CONNECT.LEARN™ — my 6-month 1:1 coaching program for the woman who is done with the cycle and ready to heal this at the root.

Learn more at kellienichole.com