

Two years of weight and diet tracking

Randy Sargent





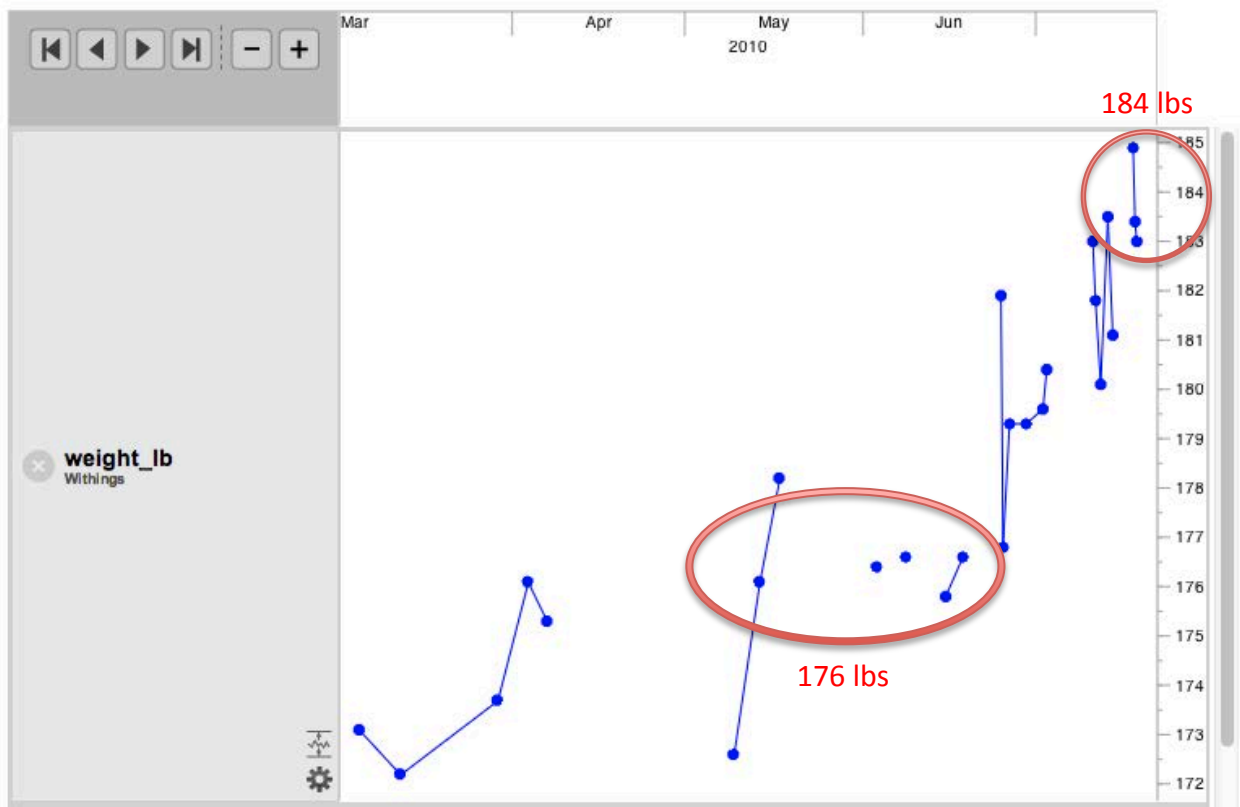


BodyTrack

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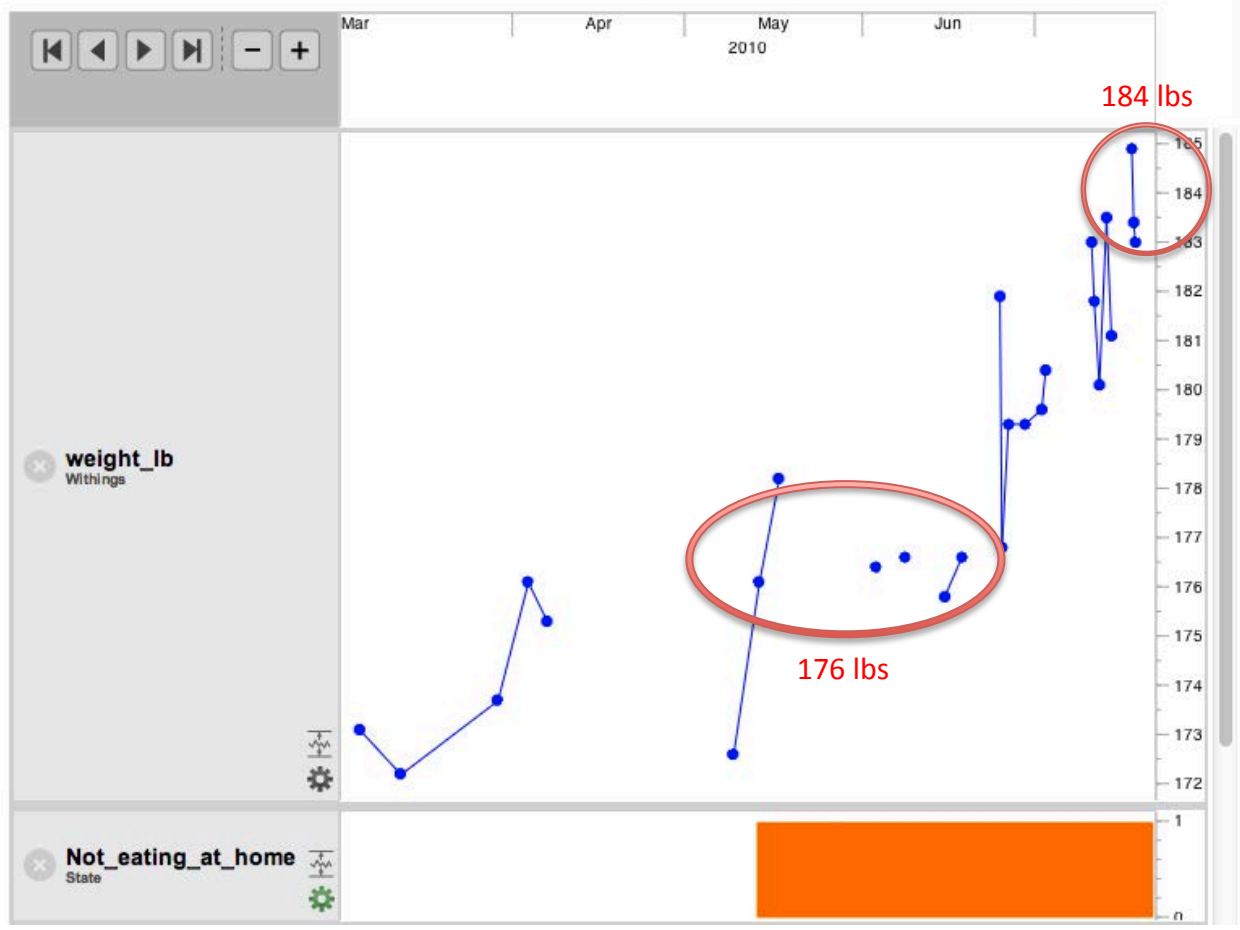


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Needed a change:

Felt bad a lot

Post-meal “crash”

Avoid processed foods

Avoid added sugar

Minimize glycemic index

Avoid grains, somewhat

Start day with eggs

Meat, fish, veggies, cheese, nuts

Some starch from sweet potatoes

Don't limit amount of food

Snack when hungry

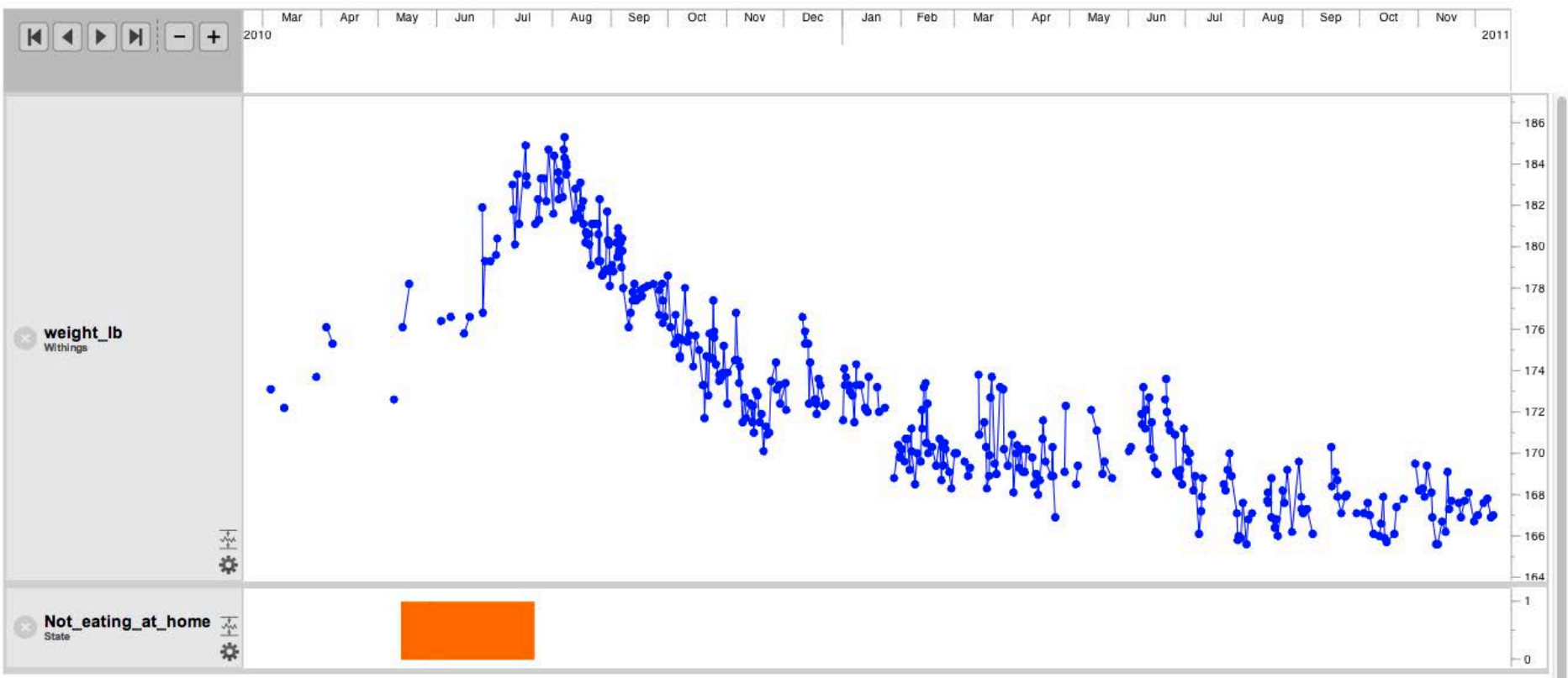
Paleo, low-carb, slow-carb

Felt great!

Energy levels more even during day

No post-meal crash

BodyTrack



184 lbs (BMI 26.4) to 167 lbs (BMI 24.0)
without any attempts to limit amount of food
Weight stable for more than a year

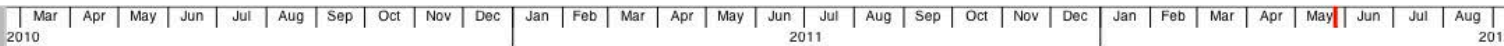
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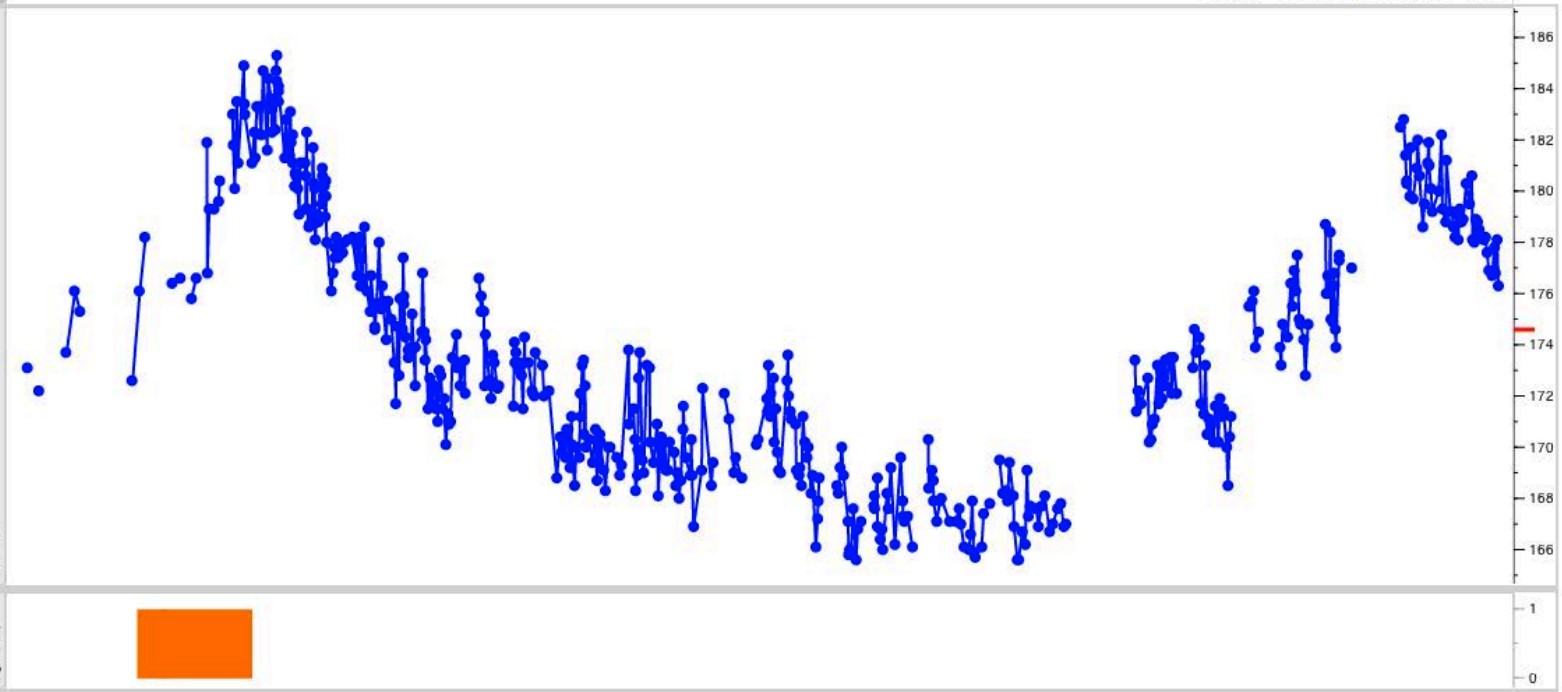
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qs-slide-1

New View Save View Load View Add Channels Show Details



Sat May 26 2012, 00:40:01.000 174.6



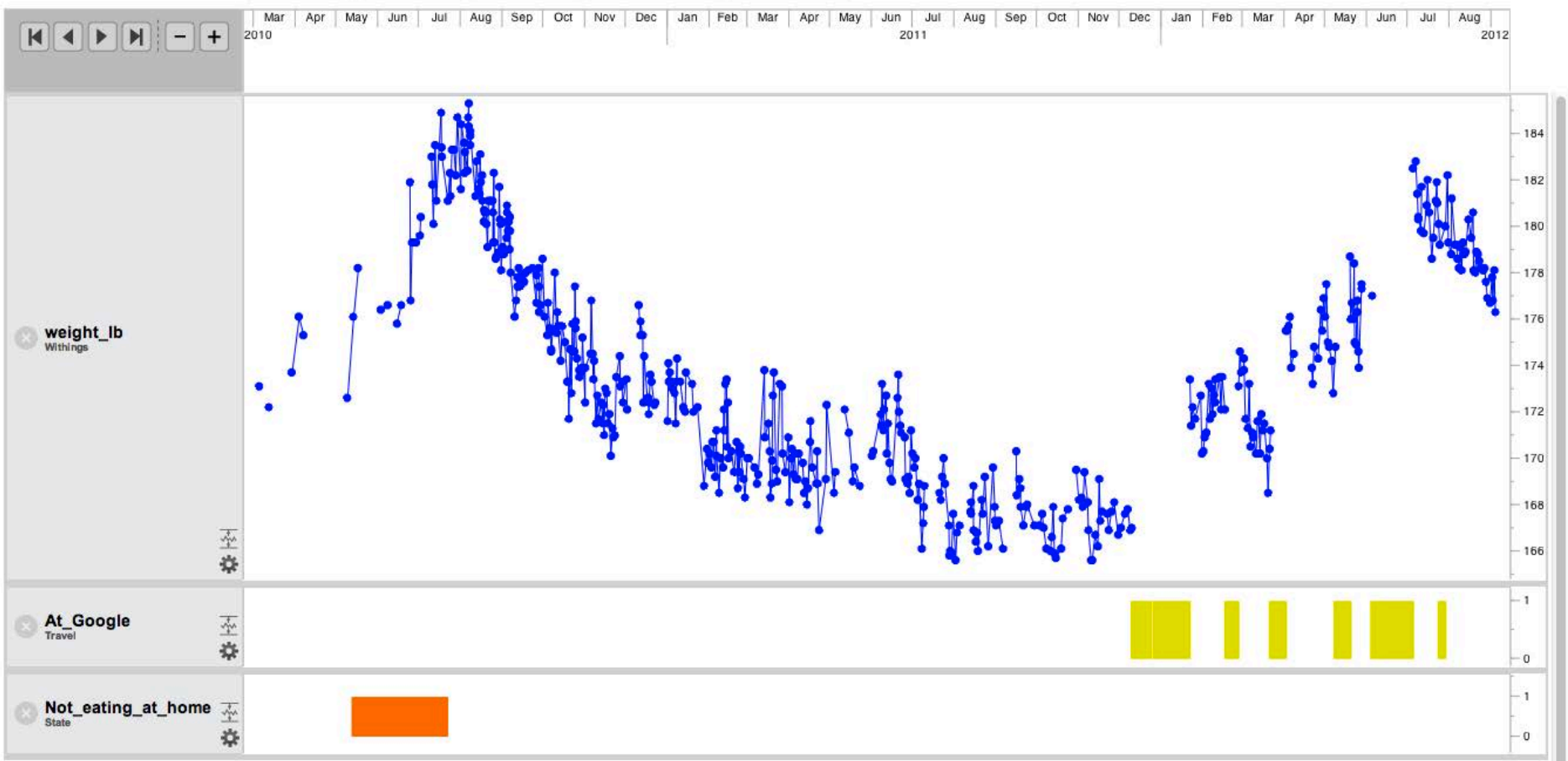
165 lbs in October 2011 to 181 lbs in July 2012
WTF?

Welcome to freefoodland

[picture of cafeteria and snack area]

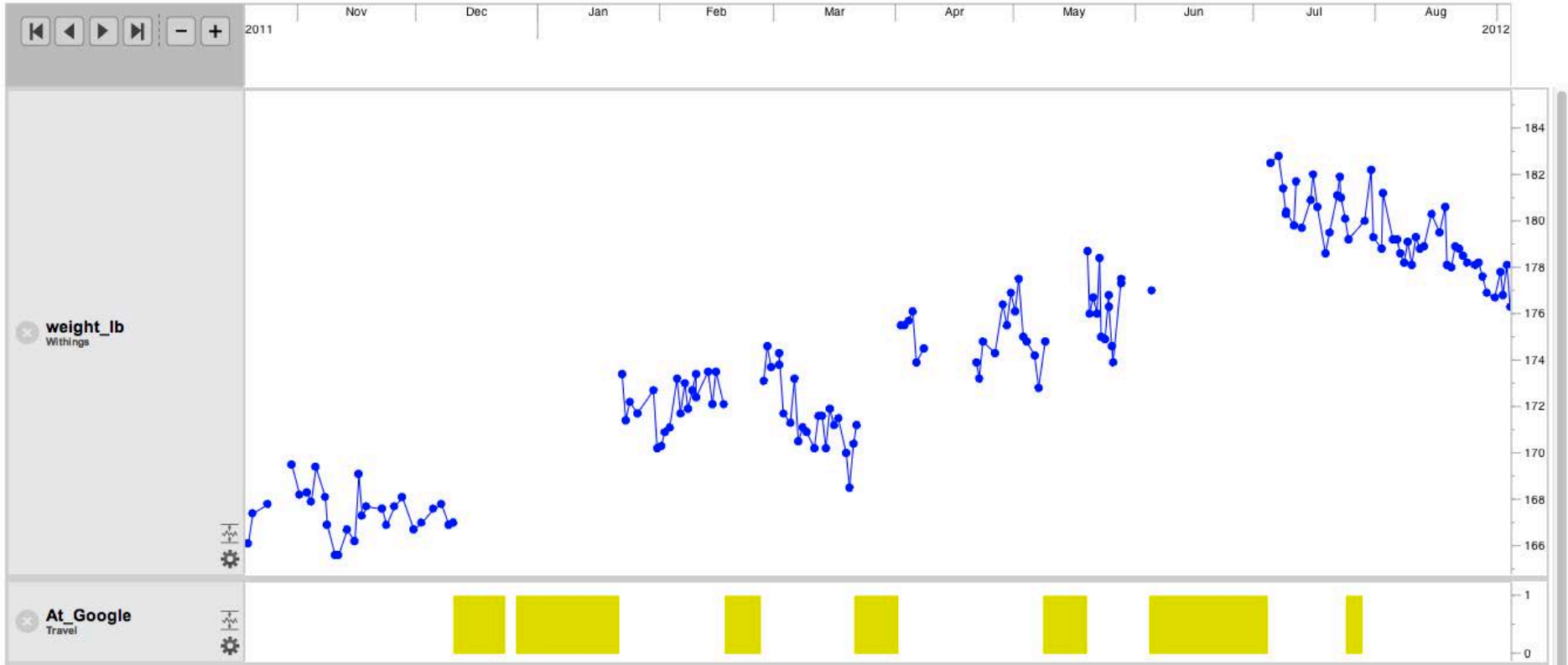
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qs-slide-5 New View Save View Load View Add Channels Show Details



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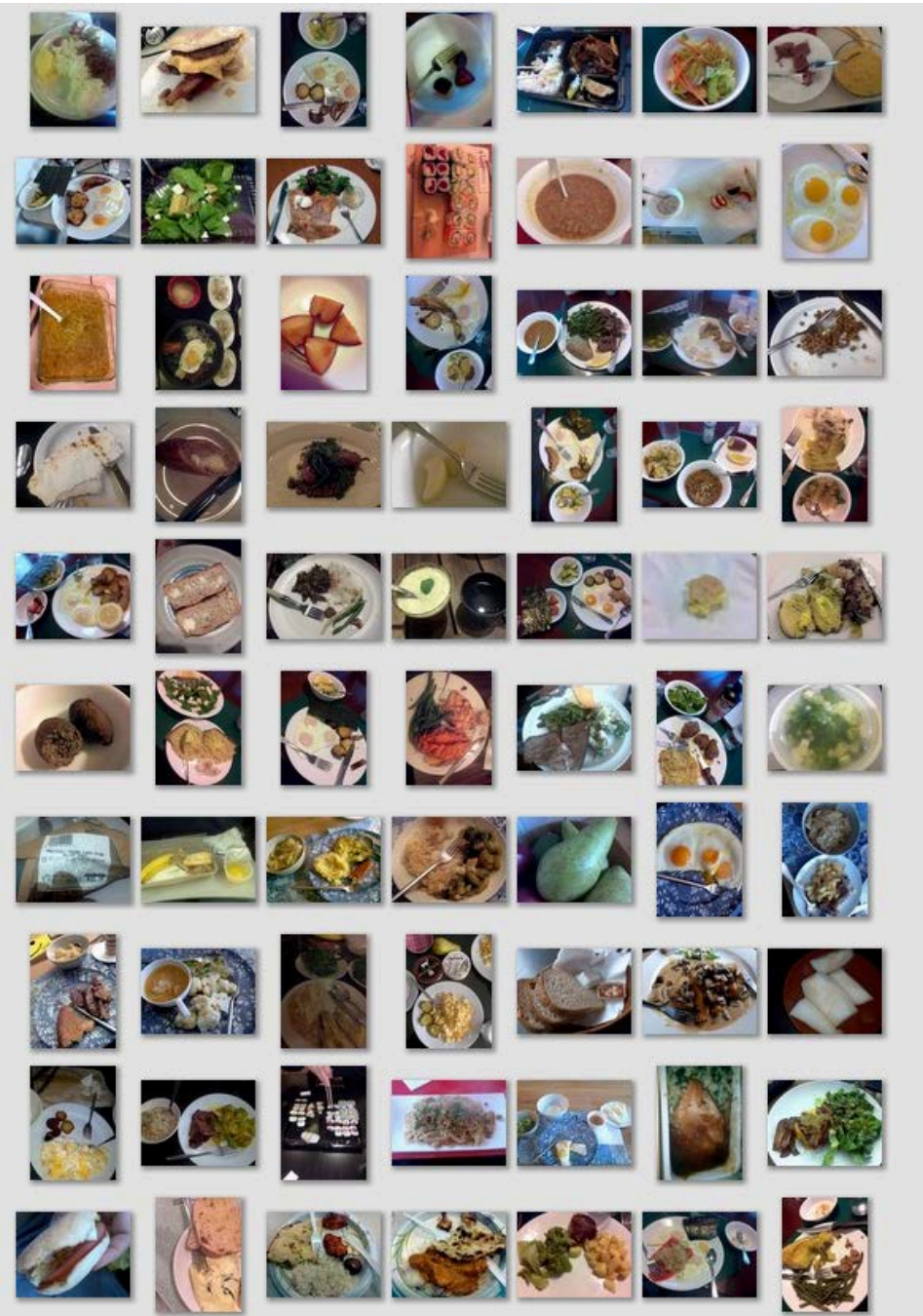


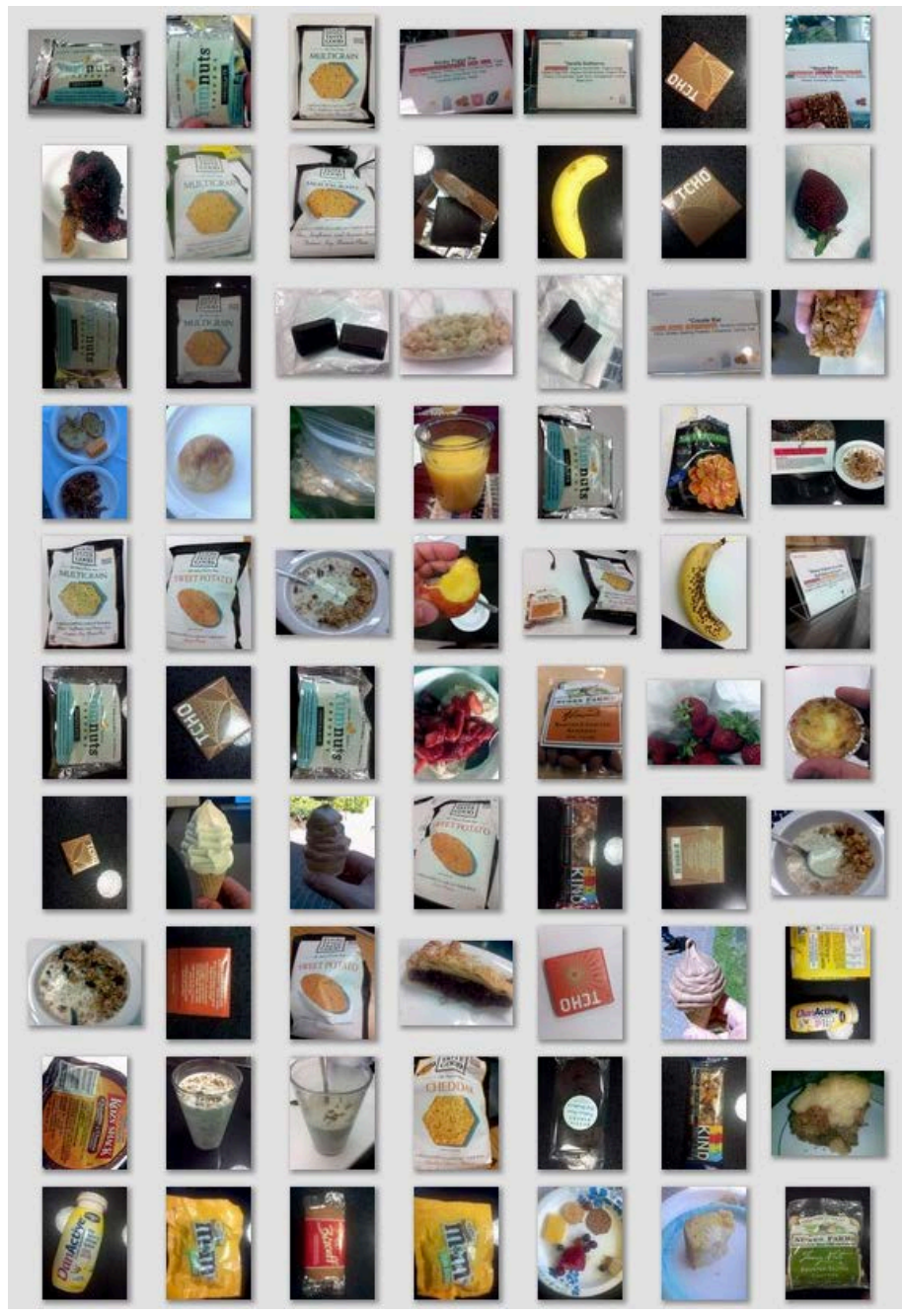
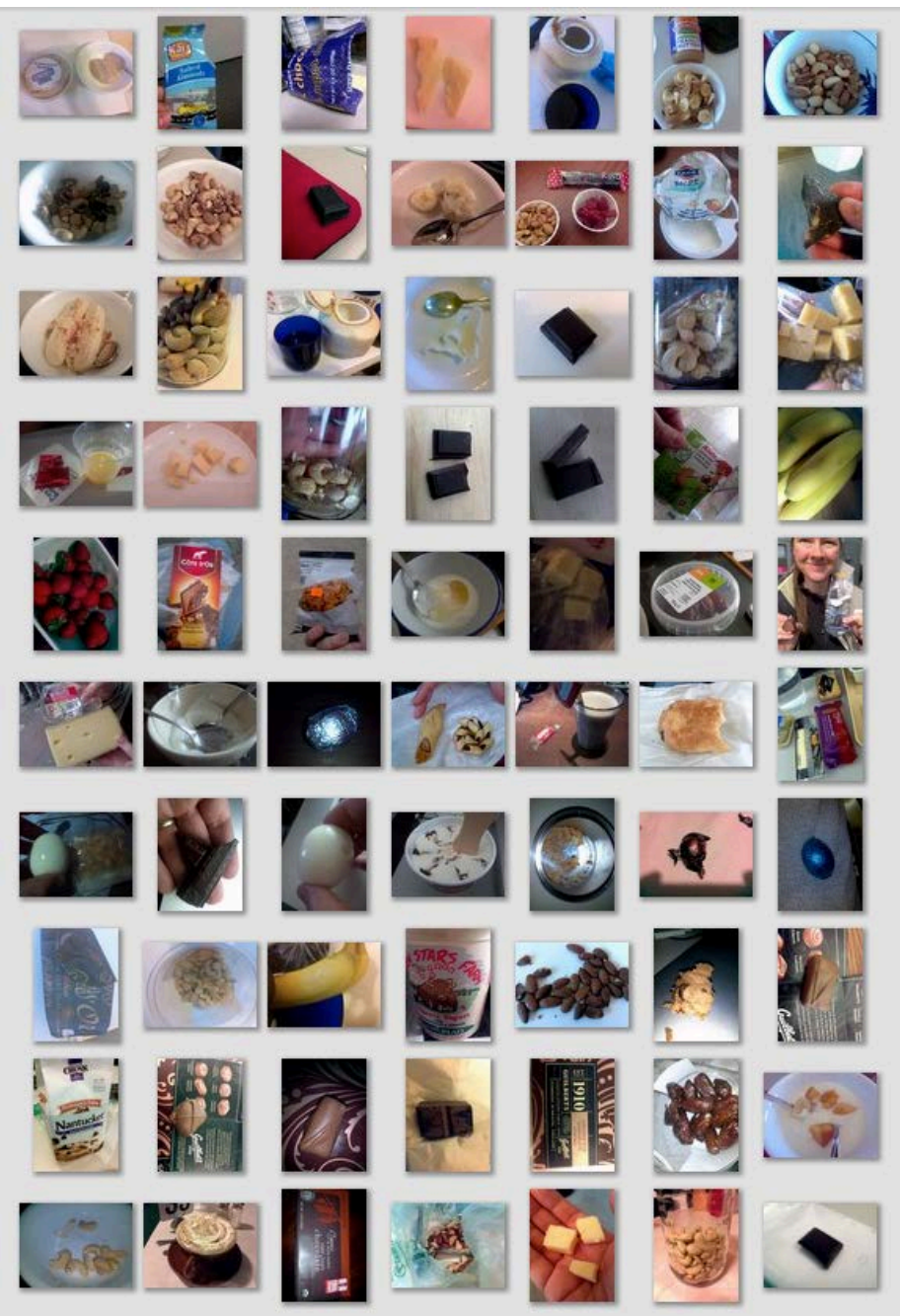
In freefoodland:

0.2 lbs weight gained/day

Out of freefoodland:

0.04 lbs weight lost/day







qs1

New View

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Load View

Add Channels

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Add Channels

Reset

▶ 00_26_4a_0e_ae_0a

▶ 78_D6_F0_6B_7E_D7

▶ All

▶ Armband

▶ Atrix

▶ Bioharness

▶ Dylos30_test

▶ Mymee

▶ Nonin

▶ Randys_Home_Desk

▼ Travel

At_Google

Snacks

▶ Withings

▶ Zeo

▶ phone

▶ rphone



Dec Jan Feb Mar Apr May Jun 2012

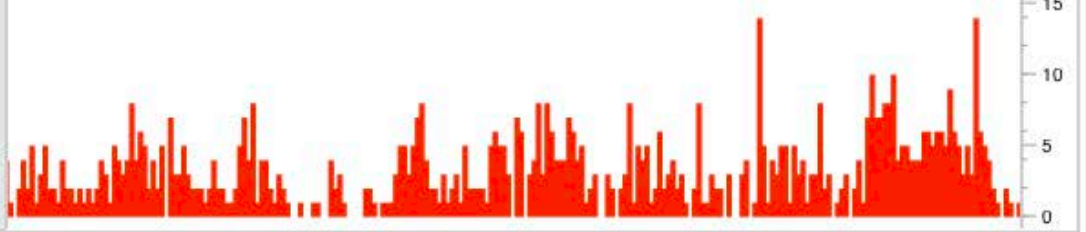
weight_lb
Withings



At_Google
Travel

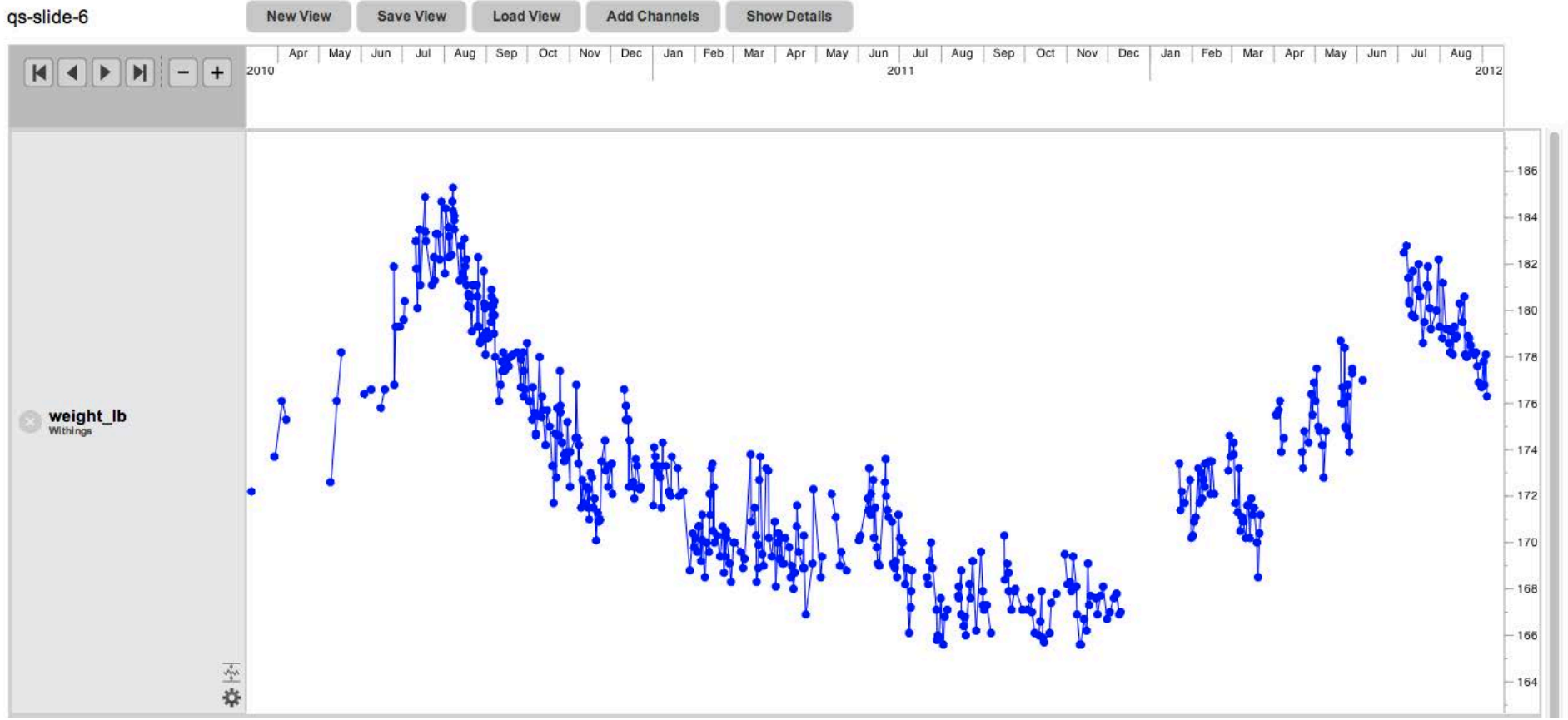


Snacks
Travel



Hypotheses

BodyTrack



Measuring weight keeps it down?

qs1

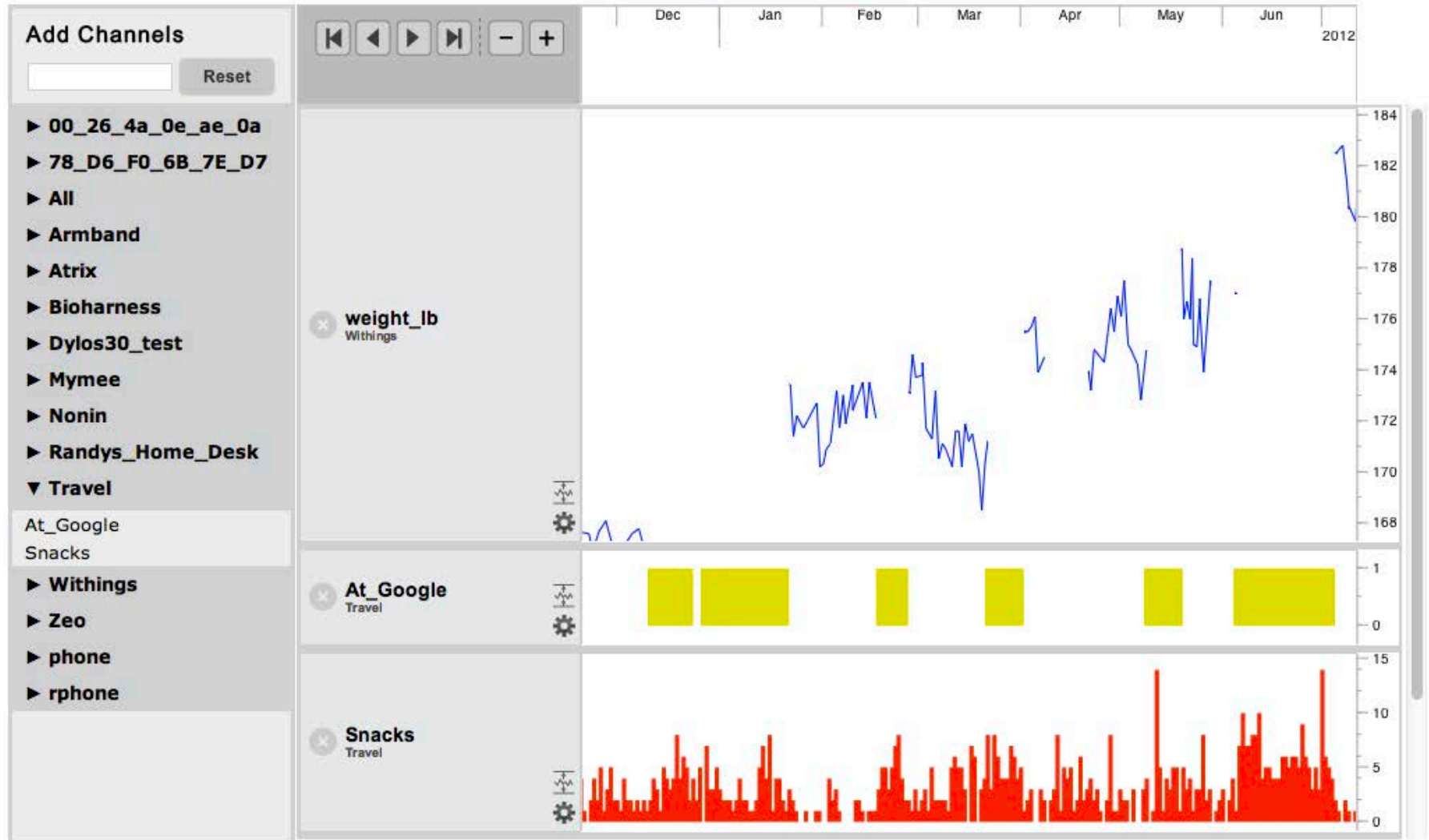
New View

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Snack more when snacks are closer?

Falling off paleo/low-carb/slow-carb
bandwagon makes me want to eat
more

Free food motivates eating?

Variety motivates eating?

It takes a long time to discover correlations with weight gain/loss

Need to try experiments for weeks to months at a time

A scale that accurately measures the right things would be a game changer

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