

PROS & CONS OF COUNTING MACROS

Here's a quick checklist to help decide if counting macros is a good option for you.

PROS:	CONS:
<input type="checkbox"/> Faster initial weight loss	<input type="checkbox"/> Time consuming
<input type="checkbox"/> Aware of the quality of food you're eating	<input type="checkbox"/> Easy to fall into IIFYM (if it fits your macros)
<input type="checkbox"/> Aware of portion sizes	<input type="checkbox"/> Convenient to limit variation in foods
<input type="checkbox"/> Sense of accomplishment	<input type="checkbox"/> Stressful/disheartening if targets are not met
<input type="checkbox"/> Creates structure that many people thrive on	<input type="checkbox"/> Relying on numbers vs. your body's signals
<input type="checkbox"/> Holds you accountable	<input type="checkbox"/> Potentially lead to alienation from friends and family
<input type="checkbox"/> Provides a starting point for creating customized goals as you learn what works for you	<input type="checkbox"/> Difficult to follow through with long-term
<input type="checkbox"/> Creates a record to reflect on accomplishments and areas to improve	<input type="checkbox"/> Could create an unhealthy obsession with tracking food
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