



Here's a chapter on "One Meal a Day" eating, from *The Jack Dorsey Way*, coming from Post Hill Press in May of 2020.

## Eating One Meal a Day and Fasting on Weekends

**From Monday through Friday, Dorsey only eats dinner, usually between 6:30 and 9 p.m. "During the day, I feel so much more focused. ... and the time back from breakfast and lunch allowed me to focus more on what my day is." Then he will skip dinner on Friday and fast until Sunday evening.**

Jack Dorsey is a big believer in a health trend that has become very popular and continues to grow. It goes under the general rubric of "intermittent fasting," and he – like many other people – has broken it into two components: eating one meal a day Monday through Friday, and then fasting entirely on Saturday and Sunday. We're going to examine both approaches at once, since they touch on so many of the same issues. Let's begin with the practice that's become so popular it even has its own acronym: OMAD, for "One Meal A Day."

### OMAD: the basics

There are YouTube videos, web sites, best-selling diet books, and a rising wave of crazy claims relating to OMAD and its possible – *possible* – health benefits. It's not surprising; fasting as a spiritual and physical discipline (and a harsh reality) has been with us for as long as there have been humans, across almost all cultures. Asian mystics practiced it. Socrates and Plato advocated for it. But integrating it into twenty-first century life is a relatively new development.

Let's get the definition out of the way first:

**One Meal A Day allows you to eat a single meal every 24 hours.  
You may drink calorie-free liquids during the other 23 hours, but no solid food.**

For some reason, most OMAD proponents seem to take their meals in the evening, just as Jack Dorsey does, though there's no known, clinically verified advantage to one time of day over another.

What you eat during that one daily meal is open-ended; every 'expert' in the field seems to have a different opinion (and all too often, a different related product to sell). Dorsey himself sticks to fairly traditional choices: fish, chicken or steak with a salad or side of vegetables, and often a dessert of berries or chocolate. But you'll notice he's neither vegan nor vegetarian, and he seems to avoid binge-eating in general and junk food in particular. Other proponents differ wildly, on both sides of the spectrum. There is no 'standard' OMAD diet (though plenty of people will try and sell you one).

## Why OMAD?

Among the most commonly repeated benefits of OMAD, you'll hear that eating one meal a day can help you:

- Lose weight
- Increase Mental Acuity
- Improve Your Mood and Outlook
- Control Blood Sugar, Cholesterol, and High Blood Pressure
- Save Money
- Save Time
- Develop Self-Discipline
- Sleep Better
- Live Longer

How many of these claims are true? An excellent question. We'll tackle each one separately as we go, and talk about the risks as well as the benefits related to OMAD and intermittent fasting, too. But first, ask yourself: how many of these benefits are even measurable? Answer: Not many. And how many *have* been measured, considering how recently this new fitness strategy has become popular? Answer: even fewer. There's still much investigative work to be done, and even when the results of ongoing research are in, many of your decisions concerning OMAD and what variation you choose to pursue will be based on your own personal feelings and circumstances, and not just the facts.

One thing, however, is clear: Jack Dorsey is not alone in his dedication to the ideas that are central to intermittent fasting in all its forms. Literally millions of people are on board already.

## How Hunger (and Eating) Works

Before we dig too deep into the subcategories and variations of intermittent fasting, let's spend some time talking about the basics of *eating*, *hunger*, and *food*.

There was a time, not so long ago, when scientists thought they understood the relatively simple biological bases of hunger. For a while there was great hope that we could learn to control or simply block a particular hormone (that is, a set of chemicals that carry messages from one part of the body to another) called *leptin*, and in doing so, we could control weight gain and overeating better than any diet or existing "diet pills" (that were largely limited to reformulated and repackaged amphetamines).

But it turned out that blocking or reducing leptin production didn't really work very well. People still overate and still gained weight. And over the last couple of decades, research has shown us that the whole internal process of eating is far more complicated than we believed. There's much more to controlling it than just throwing a single chemical switch. Vastly different areas of the brain are involved; psychological factors, behavioral issues, and genetics all play important roles as well. And today, nutritionists and scientists generally agree that there are at least six hormones that influence hunger alone, and three significant influences that affect an individual's eating patterns. It's not just hunger; it's:

- Hunger
- Satiety
- Perseverance

*Hunger* is the easy one: we all know what hunger feels like. It is the body telling the brain that it's time to put some fuel in the body. It's that hollowness, that compulsion, that *need* to eat. But how we express those feelings of hunger, how we respond to them, is filtered through an array of learned behaviors, physiological needs, and real-world issues that deeply affect what we actually do when we feel that hunger coming on.

At the same time, there's *Satiety*, a distinctly different though related issue. This is the sensation of feeling full, feeling *satisfied* with the food you've just consumed. This, too, is controlled at least in part by hormones, but is equally susceptible to the lessons you were taught as a child. Were you a member of the Clean Plate Club? Do you not feel *satisfied* if there is still food on the table, waiting to be? What eating habits do you have (like snarfing a full bag of chips in front of the TV) that play into satiety?

And finally, there's *perseverance*, pronounced "purr-SEHV-ur-unce" in this usage, for some unknown reason. This is the least known or fully understood of the factors. It has to do with *focus* – thinking about food, concentrating on food, *obsessing* on food, even when you are not particularly hungry and are feeling satiated. Basically, even when you're fed and full, you find that you can't stop thinking about *food* – about your next meal, or what other people are eating at that moment, or even a random image or smell that triggers a whole cascade of emotions and compulsions. An entirely different set of brain chemicals and behaviors, as well as the constant barrage of

food-marketing (for junk food and for healthy alternatives alike) can influence perseverance as well, so simply blocking a single chemical that only attacks one part of the hunger/eating process simply won't do the trick.

What's more, your body is wired to keep you eating as much as you can, as often as you can. There is a scientifically verified process called *weight defense*, something our bodies have been doing 'for' us since we first evolved, that often works against us as we try to take control of our eating patterns. (Check out the box in this chapter to learn more about weight defense.)

All of these issues come into play when you start making major changes in how much you eat and when you eat it – and shifting from three meals a day to one, and to two days with no food at all, has to be considered *major*.

## The Secret Six-Word Secret to Weight Loss

Given this complexity and literally decades of research and experimentation, it's become tragically clear: the answer to losing weight and/or keeping weight off isn't really a matter of a single strategy, medication, or diet. However, all that research *has* revealed two central facts:

- No one diet plan or approach is superior to another; plenty of strategies succeed at helping *some* people control their eating, but nothing helps *everyone*.
- Virtually all of the most long-lasting and effective approaches do share one common thread – a core concept that can be expressed in six words:

**Eat Less**  
**Eat Better**  
**Exercise More**

Like all great ideas, it's easy to express and very difficult to follow through on a regular basis. But it truly is that simple.

*Eat Less* is not simply a matter of controlling your calories (we'll get into that a little later on). That's part of it, sure. The fancy name for it is *portion control*, but finding the exact set of tricks and tools that make it possible for you, the individual *you*, is a real challenge.

The simple fact of the matter, however, is that Americans – and most Western nations – simply *eat too much*. We consume far more food-mass – high- and low-calorie, low-fat and high-fat, high-protein and no-protein, solid and liquid – than we need to on a daily basis, and OMAD and intermittent fasting are two ways to deal with that issue directly – maybe even brutally.

*Eat Better* is open to wide interpretation, but here, too, there are some core principles that virtually everyone agrees on. More fruits and vegetables. Less heavily processed food that's loaded with salt or saturated fats. Little or no added sugar. More fish and less (or maybe no?) red meat, though vegetarianism and its more extreme cousins present challenge and concerns all their own. We can rage and worry over everything from gluten to GMOs to all around that, but truly, the work of literally generations of health professionals have told us there are many paths to paradise, and they all end at the same place: with those six words.

*Exercise More* is probably the most overlooked element of those words. For one thing, many people are actively repelled by the idea of "exercise" – going to a gym, straining with weights or machines, sweating to the oldies (or newbies), *hurting* yourself to lose weight, gain muscle, get healthy. It's become such an unpopular word, in fact, that many dietitians, nutritionists, and trainers avoid the word entirely now, in favor of a softer and more accurate word: *activity*. But the reality behind it: it doesn't much matter what diet plan or eating pattern you follow; if you're not increasing your activity to burn calories and build muscle mass, you're far less likely to lose anything but a few pounds of water weight.

Jack Dorsey (as usual) has figured this out. His multi-part strategy includes activity (his walks and HIIT regimen) *and* a plan that both reduces his food intake and increases its quality. However you manage the details of your own plan, incorporating both those elements – elements that embody the Six Words – gives you a far better chance of working for you.

## From "Diet" to "Eating Pattern"

Even the word "diet" is falling out of favor. "Diet" implies a lot of rules and restrictions, a rigid plan you *have to follow*, every day, or you will "fail," and nobody wants to be a *failure*. That's the single biggest problem with many of the weight loss and eating plans that exist now: it's not that many of them aren't effective, in the short term at least. It's that the abandonment rate is *huge*. Here again, dietitians, nutritionists, doctors and trainers agree: *consistency* is the key to losing weight, keeping it off, or never gaining it in the first place. If you stop thinking of it as a "win/loss," as a "success/failure," the chances that you'll stick with your decision and thereby change your life increase greatly. Therefore: try to think of your relationship to food and eating as a series of *patterns*, as opposed to *rules*.

One Meal A Day, and in the larger context intermittent fasting in general, is a classic case of "pattern" over "diet." Each individual can choose when and how to implement the pattern – what foods to eat and when, how often to commit to a fast – and since there are no 'rules' to begin with, there don't have to be 'cheat days' (another term that implies dishonesty and failure). If you start from that place, it's much easier to forgive yourself for momentary slip-ups or distractions, and to re-commit to a pattern.

## Mindfulness

What it really comes down to – with OMAD, intermittent fasting, veganism and all the other various eating patterns – is building a personal and permanent state of *mindfulness*. These are all strategies designed to help you – sometimes even *force* you – to think about what (and when and why) you are putting a particular food into your body.

As we'll see, committing to OMAD and weekend fasting (or for almost any other element I the Jack Dorsey Way) requires *thought* as well as *action*. It demands a level of awareness that can be rewarding in itself, but it also it a test – a test of just how serious you are about changing your life. There's nothing in the Jack Dorsey plan that is a 'quick fix;' nothing that you can do once and be done – no 'fix and forget.' It's the *intentional* commitment to a set of *patterns* – eating, exercise, behavioral *patterns* – that can change your life for the better. It's not something that just *happens* to you; it's something you have to *make* happen.

## So back to business: will OMAD and Weekend Fasting help me?

The answer to the question is the most annoying (and truthful) answer you can hear to any question: *it depends*. Taking the issues one at a time ...

**Will it help me lose weight?** Most likely ... yes. If you're only eating one meal a day, it would be almost impossible to consume as much, purely in volume, as you formerly consumed when you ate three meals a day (and snacks! Don't forget snacks!). So purely on the basis of caloric intake, you'll probably lose some weight.

A growing array of scientific studies back this up. In fact, a systematic review of forty separate studies found that intermittent fasting triggered a weight loss of seven to 11 pounds over a period of 10 weeks – and this covered participants of varying ages and body types, from old to young and from slightly overweight to clinically obese.

There's also evidence that OMAD and intermittent fasting help with sleep, so here again, logic intervenes: if you're awake fewer hours a day, then you're expending less energy and taking in fewer calories than you did pre-OMAD.

The real question, however, is this: does OMAD or intermittent fasting allow you to lose weight *faster* or can you lose *more* than through an old-fashioned, continuous calorie-restriction diet? And on that front, it looks as if these answer is somewhere between “No” and “We don't know yet.”

That same 40-study review mentioned above also showed that dropout rates were about the same between 'traditional diet plans and intermittent fasting; there was also no significant difference in the amount of weight lost or in BMI; there might have been a slightly greater sense of appetite in the intermittent fasting

group – essentially, they felt more hungry more often than the traditional group – but that was about it.

So if you're looking for a way to lose more weight more quickly than what you've experienced with more traditional calorie-restricting diet plans ... OMAD and intermittent fasting aren't going to help.

**Will it help increase my mental acuity?** Possibly. There is *some* evidence that fasting might improve mental acuity. Johns Hopkins neuroscience professor Mark Mattson, senior investigator at the National Institute on Aging's Laboratory of Neurosciences, has shown intermittent fasting can help "ward off neurodegenerative diseases like Alzheimer's and Parkinson's while at the same time improving memory and mood.

"There's a lot of evidence from animals that fasting—*intermittent* fasting—can enhance cognition," he said in an excellent article on [wellandgood.com](http://wellandgood.com), "and there's quite a bit of info emerging on what might be the underlying cellular and molecular mechanisms—the signals, the hormones, and the neurotransmitters involved." And interestingly, this isn't just about being sharper when you're hungry – not at all. Dr. Mattson and other researchers around the world are looking specifically at intermittent fasting – at the 5:2 version that is not dissimilar to what Jack Dorsey advocates. At the moment, much of the research is limited to animal studies, and research on humans is more challenging (so many more confounding factors!), but so far, the indicators are positive. Certainly, short of actual malnutrition or starvation, consistently reducing calories from the standard American overabundance can be good for your way of thinking in many ways.

**Will it help improve my mood and outlook?** "Mood" and "outlook" mean different things to different people, of course, and both – regardless of your personal definitions – are subject to influence from psychological and circumstantial factors that reach far beyond biology. However, your brain and body *do* have an influence on both, and so far the research into intermittent fasting as a positive influence on mood is encouraging, though not definitive.

One reality is that a serious commitment to intermittent fasting and/or OMAD will absolutely have an effect on your mood early on, as your body strives to adjust to this entirely new lifestyle. For one thing, your messing with your body's blood sugar, and spikes or drops in that physically affect brain function. Many people report increased irritability or a lack of focus – a kind of 'brain fog' as they transition. You can hear frequent reports from other quarters, like the notorious 'keto flu.'

After the first few days, however, many people report a significant increase in energy and no 'afternoon crash' that is so common for many of us. Combine that with the regularly reported improvement in sleep quality and duration, and – after that initial adjustment period – you might be able to look forward to a brighter, more positive outlook.

**Will it help me control my blood sugar, blood pressure, and cholesterol?** These are the claims you hear most often from a wide number of OMAD and intermittent fasting advocates. And since all of those conditions – especially diabetes – are very much influenced by diet, sleep, and physical activity, there is

bound to be some effects on these numbers and risk levels if you get into OMAD. There have been a number of reliable studies that indicate that intermittent fasting does have a positive effect on blood sugar, but equally strong effects on blood pressure, insulin resistance, and inflammation weren't so clear.

But there are potential dangers here as well. If you have been diagnosed with type 2 diabetes, or even if you have been diagnosed as pre-diabetic, you *must* talk with your health care provider before you begin any kind of intermittent fasting program. Every case of type 2 diabetes is different; some are most 'sensitive' than others, depending on your personal biology and the state of progression of the disease. The good news is that intermittent fasting doesn't seem to trigger episodes of *low* blood sugar, known as hypoglycemia, but it might not help or even hurt your blood sugar levels, especially dependent on what you eat what breaking your fast. So check first. And the same applies if you're already on medications for high blood pressure.

There's some small amount of evidence, still being investigated, that intermittent fasting can actually *increase* cholesterol levels, but that remains to be seen. Here again, let your healthcare providers know what you're doing, and monitor your 'numbers' as you make the change and settle in to your new eating and activity patterns. You want everything to be pointed in a healthier direction.

**Will it save me time?** Once more, we're back to logic: yes, it will. Think about how much time you spend on food and food-related activities every single day. Not just eating itself, of course, but the time spent on food preparation, food shopping, and even cleaning up. You'll be reducing that by huge amounts – maybe as much as 75%. And even if part of that time goes into longer, better sleep, you'll still be ahead of the game. This is one of the most frequently reported “unexpected consequences” of committing to intermittent fasting, and it's all good.

**Will it save me money?** Sure. It's really pure arithmetic. If you decrease the number of meals you eat by 70%, then you will decrease the money you spend by 70%.

We generally underestimate how much of our money we spend on food- and food-related activities. And again, as with time: cookware, utility bills (after all, you'll be using significantly less water, natural gas, and/or electricity). You'll even be doing less laundry. Here, too, there are happy reports from OMAD advocates about the surprising financial impact OMAD has had on their lives.

**Will it help me develop self-discipline?** This is one of the benefits you see listed on OMAD web sites and on videos all the time. It's hard to measure or even agree on, but two things seem certain: committing to OMAD or intermittent fasting or both – in fact, committing to any of the tenets of the Jack Dorsey Way – gives you the *opportunity* to practice self-discipline. After all, you're making a promise to yourself to make some major changes in your life, and that requires some pretty significant restructuring. And second, in real terms, this relates to what we discussed above: *mindfulness*. “Self-discipline” is just a slightly more ominous term for the same thing, for *paying attention* and *commitment*.

Can you do it? *Will* you do it? OMAD and intermittent fasting don't so much *cause* an increase in self-discipline, but allows you to *practice* it.

**Will it help me sleep better?** Probably, at least a little. At one level, of course, you're reducing the level of fuel going into your body, so you will probably crave more sleep. You're also regulating the input of fuel, and therefore smoothing out your blood sugar levels – again, something that may encourage more and better sleep.

There's some evidence – and more research being done right now – that intermittent fasting can strengthen the power of your circadian rhythms (where things like work hours, late-night TV, and “time-shifting” fight against it in the modern world). As Michael J. Breu, a clinical psychologist who calls himself “The Sleep Doctor,” has said, “A stronger, more synchronized circadian clock means an easier time falling asleep, staying asleep, and waking feeling refreshed on a regular basis. That combination of consistency and quality in a sleep routine is what we all want, to help us feel and function at our best, and to protect our health over time, and with age.” He, and others, point to studies that show how intermittent fasting can help reduce disrupted sleep, but others that show it may decrease REM sleep – which is the best kind for restfulness, tranquility, and healing.

All in all, intermittent fasting encourages structure in your life, and the idea of keeping open a 12-hour period where you're not adding any fuel to the biological fire will almost certainly help your sleep quality and quantity, other physiological or psychological issues aside.

**Will it help me live longer?** This has to be the single most un-measurable claim of all. For one thing, the population that has committed to a consistent OMAD or even intermittent fasting lifestyle in any form is still quite small and has only been present for a few years. It's virtually impossible to clinically validate if people who adopt and stick with OMAD will have a longer, much less healthier life.

That's not to say we don't have some hints. Studies at USC's National Institute and Ageing and the Longevity Institute has been conducting animal studies on subjects that have been living an animal-appropriate version of intermittent fasting. Their findings indicate that, “In laboratory rats and mice, intermittent fasting has profound beneficial effects on many different indices of health and, importantly, can counteract disease processes and improve functional outcome in experimental models of a wide range of age-related disorders including diabetes, cardiovascular disease, cancers and neurological disorders such as Alzheimer's disease Parkinson's disease and stroke.” They propose that the cellular and molecular mechanisms triggered by intermittent fasting improve health and counteract disease processes ... and also agree, that further clinical trials are necessary to confirm and expand this conclusion.

It does stand to reason, however: if these practices improve your general health and help reduce or even eliminate age-related conditions like high blood pressure, high cholesterol, heart disease, and diabetes, then it's logical to assume you may actually live a longer, happier life. We can't prove it – yet – but it hasn't been disproven either.

## Dangers, Will Robinson

Obviously, both OMAD and intermittent fasting are not a panacea, and there are risks involved – for anyone – taking on this commitment. They're not to be treated lightly.

Some groups of people should probably skip the OMAD/Intermittent Fasting approach entirely. These groups include:

- People with type 1 diabetes or chronic low blood sugar (hypoglycemia). At the very least, they should consult with their endocrinologist or primary care provider first.
- People who have been diagnosed with type 2 diabetes, or even with pre-diabetes, should talk with their healthcare providers before beginning
- People with eating disorders like anorexia or bulimia, which can inadvertently encourage or reinforce their unhealthy conditions
- People regularly taking medications that require food intake before dosage (some medications work more effectively with food, or food helps reduce gastrointestinal side effects. Others *require* the presence of food to work properly. Again: consult your healthcare provider)
- Young people who are still actively growing (that is, children and adolescents, who need all the healthy food they can get)
- Women who are pregnant or breast-feeding

Pay attention to Dr. Jason Fung, a nephrologist, best-selling author, and expert on intermittent fasting and low carb diets. His advice: *be careful*. “You can be hungry,” he said, “but you should not feel sick. If you do not feel well at any point, *you must stop*.” There is no shame in working with a physician before and during your transition to OMAD and intermittent fasting. Get all the help you can. After all, this isn't a short-term quick fix – this should be considered a long-term, even lifelong, transition, and you want to do it right.

No matter what benefits OMAD and intermittent fasting might offer, understand that the transition itself is going to be a shock to your system. During that transition period, especially in the first few days, you're likely to experience a range of effects, including but not limited to:

- becoming extremely hungry
- shakiness, weakness, light-headedness, dizziness
- irritability
- inability to concentrate

- fatigue
- nausea
- blood pressure destabilization
- hypoglycemia (low blood sugar, even in those who do not have diabetes)
- dehydration

Even after the transition, there is substantial evidence that one of the most vulnerable times for your body is when you break your day-long or weekend-long fast, and your body rushes to accept and process the sudden influx of nourishment. You might even feel hungrier than you've felt in the past precisely because of this. This is why people with diagnosed and treatable eating disorders are on the "skip it" list. There is a very real increased risk of binge eating for people using OMAD or intermittent fasting, in those with the disorder and even in people who have never experienced this condition before. So watch for it, and respond swiftly and decisively with a visit to the right care provider.

And one more time: these health risks are real. They're not something that just *might* happen, or something you can dodge. Be honest about your current physical condition, your level of activity, the medications you're taking and your plans for the future (like parenthood). Understand that this is a serious step you're taking – far more serious, in fact, than almost any other element in Jack Dorsey's plan. So be careful.

## Is there a better fasting alternative than Jack Dorsey's approach?

The field of intermittent fasting is wide and growing wider, and yes, there are a number of alternatives to Jack Dorsey's OMAD-plus-weekend fast approach.

As you begin your research, you'll see a lot of numbers. They usually describe the hours or days you're setting aside to eat (or not eat). There's "23:1", which is the numerical version of OMAD. There's "16:8," which restricts eating to just eight hours out of every 24. And there's "5:2," which refers to days rather than hours: five days eating, two days fasting (Jack Dorsey's version is a particularly challenging hybrid of 23:1 and a two-day fast).

Some experts see more value in the 16:8 approach than the 23:1, but there is plenty of research yet to be done. Some proponents skip the numbering entirely, and simply stop eating when it gets dark outside, then start again in the morning with breakfast.

Other options include **the 24-hour fast**, which generally lasts from dinner to dinner (or breakfast to breakfast). This might be a better option for people who need to take daily medications that benefit from or require food intake. It can also be much easier to incorporate into a 'normal' work and life schedule for you and your family. There's also **the alternative daily fast** – one day on, one day off – where, generally speaking, you're allowed up to 500 calories on fasting days. If you do the math, you see it's slightly more intensive than the 5:2 approach,

and may be either easier or more difficult to maintain over the long term, depending on your day-to-day (or every other day-to-day) lifestyle situation.

Interest and information on intermittent fasting is growing all the time. If any of these concepts interest you, look into it, and don't feel that Jack Dorsey's fairly aggressive approach to the concept is the only way you can ... or the only one that will work for your particular set of circumstances and goals.

## What to Expect, How to Succeed

Let's assume, for a moment, that you've decided to take the plunge. Be aware of one final reality: most people who try OMAD or intermittent fasting, in almost any form, *don't* stick with it.

Honestly: it's hard. So much about modern life works against these kinds of major changes. But there are some things you can expect and prepare for, and some things you can do to increase the odds of long-term success.

**First and foremost: *make a plan*.** Do some honest self-appraisal and decide not only what your goals might be, but what version of OMAD and/or intermittent fasting will really, truly, work for you in the long run. (And check out the box elsewhere in this chapter on "Choosing Your Window.")

Remember, too, that you should not undertake OMAD or any version of intermittent fasting in a "bubble." Jack Dorsey's unique hybrid of 5:2 and fasting works for him because it is part of a larger commitment – to intense exercise and aerobic activity, to better sleep and rest, to better nourishment both physical and spiritual. Make OMAD and intermittent fasting part of *your* larger plan, too, not a substitute for it. It all has to work together.

**Second: Hope for the best, but prepare for the worst.** Take a look again at that list of possible, temporary side-effects as you transition. Be sure to have a no-calorie beverage, whether it's water or unsweetened coffee or tea (if you've decided to include those beverages). Hydration is the issue here; you'd be surprised how much water you derive from eating food as opposed to drinking water, and you'll want to replace that water intake as you decrease your food consumption. By the same token: know how you're going to help with transition symptoms, from dizziness and irritability to "fasting headaches," so you're ready to respond to them.

**Third: be sure to set goals – *incremental* goals, not just "I'm gonna do this forever!"** Set a goal for the quality or quantity of food you consume when you're not fasting. And don't forget to congratulate yourself – celebrate yourself – when you reach those intermediate goals. They matter.

**Fourth: Track your progress.** We'll talk more about this in the chapter on journaling, but nowhere will you find it more important than with OMAD and intermittent fasting, where there is a specific and relatively

unforgiving structure. Don't rely on your memory or your good intentions; keep a log – on your phone, on the wall, in a dedicated notepad with paper and pen. And keep track of the slip-ups as well as the successes. In the long run, you'll be glad to have that record of your progress that you can be proud of and learn from.

**Finally: don't be afraid to reach out.** Though this is something you have chosen to do, for yourself, don't hesitate to turn to family and friends for support as you embark on this journey. And there is a larger community available, too, both in your local geographic area and on the internet. Google for local meet-ups for OMAD or fasting groups that meet regularly to supply exactly what you need.

**Don't think it will be easy. It won't. But decide, even before you begin, if it's worth it. And if it is ... it can happen.**