



Range targets

This can be a really nice way to approach your goals and targets without feeling like you are stuck aiming for one particular number!

How do range targets work?

Knowing that lifestyle and our commitments can change from day to day, instead of aiming for a specific number which may not be easy to achieve every single day, we can have in mind a range. This gives us more flexibility and a much stronger feeling of empowerment because we are much more likely to be able to achieve our goal numbers within a range.

Examples of range targets

Daily steps

We know that the average (government recommended) daily steps is 10'000/day. We have probably been working on increasing your daily steps moving towards 10'000+ at a pace that suits you.

When we settle on an amount of daily steps that seems achievable and sustainable for you, we can apply the range target here so that you don't find yourself marching on the spot at 11pm to get those last 500 steps.

If you are aiming for 10'000/day, give yourself some leeway and allow your range to open up a little. For example 8'500-11'500+

What this means is that in most weeks, you will hit your weekly step target, even if the days vary a little (or a lot).

Fat loss

When we have an end target in mind, it might be useful and more empowering to aim for a weight range, rather than one number (that we know will fluctuate anyway)

So if your ideal fat loss goal is to aim for 70kg, a range of 69-72kg could be applied here when you are checking in periodically in your maintenance phase.

Our bodies are unlikely to stay at one exact weight for the rest of time, so knowing that and keeping that in mind when you are checking in, should help you to feel like you're still on track. If you see a slightly higher number, there is no need to panic because if it is still in your range, then you're in the right ballpark.

Calories

If you have worked out that your maintenance calories sit around 1600kcal/day you could apply a range that suits your social preferences here.

What we usually do is set a weekly calorie target and then divide by 7 to give us a rough daily idea of what we might want to aim for.

Example

Person 'A' submits the following food diary

1. 1650
2. 1700
3. 1550
4. 1400
5. 1800
6. 1625
7. 1750

= 11,475 kcal / week

$11,475 / 7 \text{ days} = 1639 \text{ kcal / day}$

Rather than being a stickler and aiming for exactly that number, let's be realistic about daily calorie intake fluctuating based on exercise done, appetite changing around menstrual cycle, days out, 3 course meals, weddings, parties etc.....all of these are days where we might consume more calories than normal... And we also might have days where we are just not as hungry.

It's ok to fluctuate and if we give ourselves a range to work within, we can be confident that our weekly calories can average out to sit within our range.

In this case a good range could be 1450 - 1750 kcal / day.

Macros

We know that it would be ideal to consume at least 1g/kg of protein per day, but we also know that it's not always possible to achieve that for lots of reasons.

So applying a range here could also be helpful, allowing you to be more flexible and not feel like you are failing.

Example

Person 'B' is 75kg and is aiming for 1g/kg protein per day

This means that this person is aiming for 75 g protein / day

If this person is able to get a good portion of protein at each meal, it won't be too hard to achieve this

Breakfast = 20g

Lunch = 20g

Dinner = 20g

Snack = 10-15g

So this person might do well with a daily protein range of 70-80g / day.

However, person 'C' might struggle with the following situation...

If this is a day where you had to grab a porridge pot from the coffee shop, a sandwich for lunch and the family dinner is a pasta dish....then this person would likely be falling quite short in the protein department.

Let's not think of this as a disaster!

In this case using a protein range for the week could be helpful

Aiming for 75g/day = 525g protein / week

Perhaps a range of 500-550g protein / week would be a good place to start.

This gives person C more wiggle room to increase their protein if they know they've had a few days where they've missed the target, and it means that week to week, as long as this person is being fairly consistent with this range, it won't be having any long term negative impacts on their progress.

Applying this to your lifestyle

There is a lot to process here, and this may feel a bit 'loose', especially if you've come from a background of stricter dieting.

I'm not saying that rules don't work, but sometimes allowing those rules to loosen up and using these ranges alongside the rules that you like, could help you to be more consistently adherent to the path that you want to take.

Let me know if you want to have a chat about it, and we can personalise this for you and help you to implement it.

Contact

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