

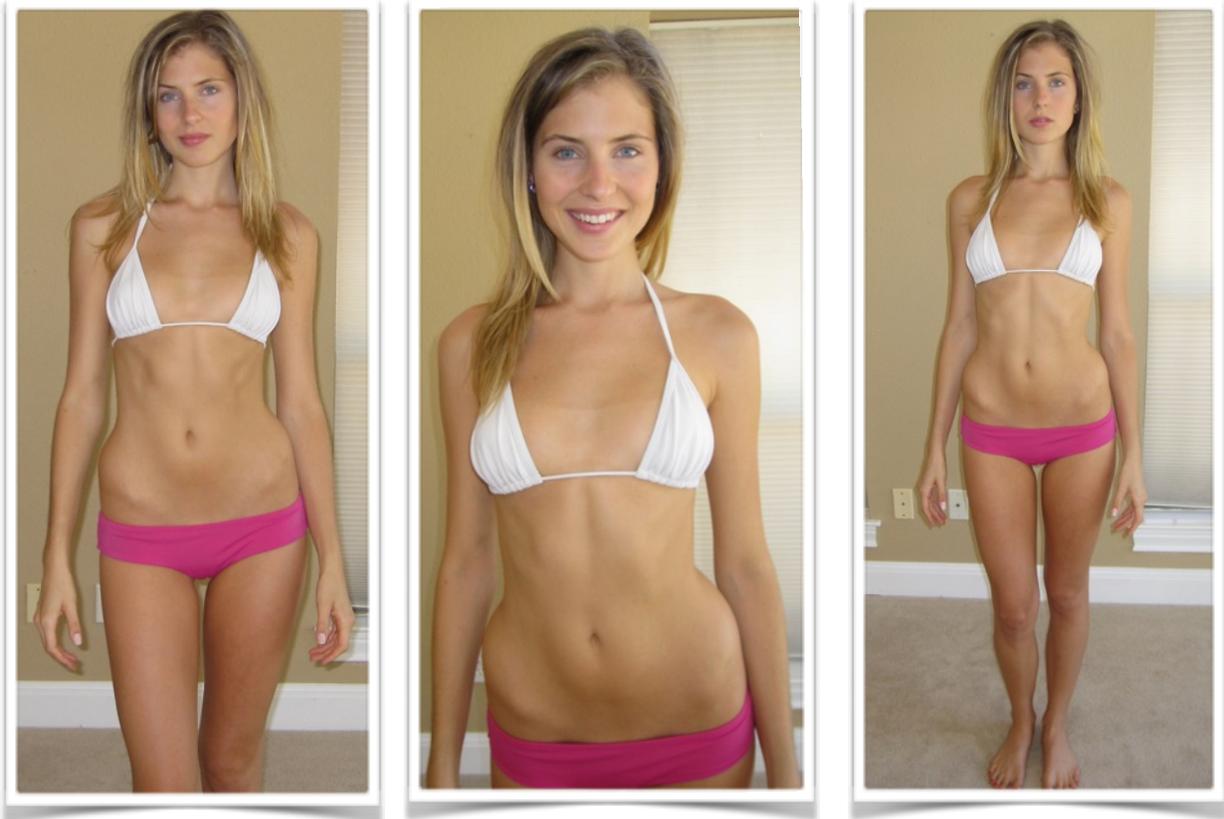
SHELBY'S FITNESS + EATING GOALS. BITCHES.



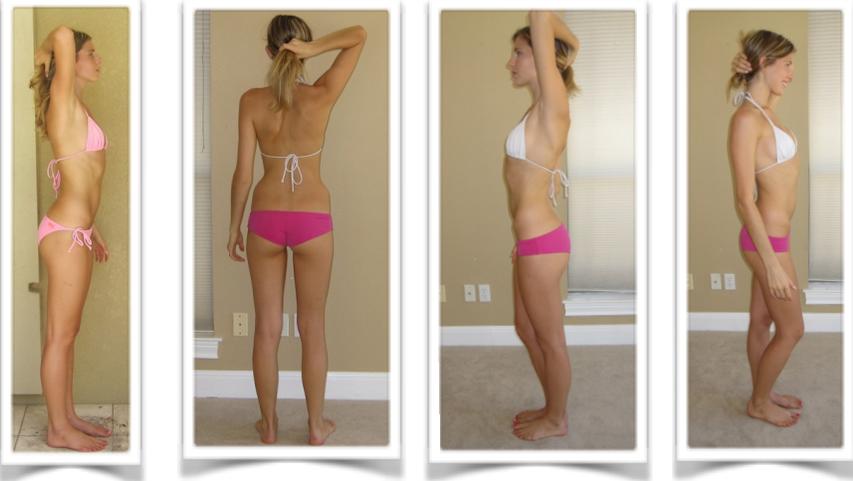
MY GOALS

THE GOOD STUFF

My goals are to get back into my modeling measurements, in a safe and mindful way, with muscle.



Bust: 33
Waist: 24
Hips: 35
Inseam: 34
Weight: 116
Height 5'8.5"



<https://www.youtube.com/watch?v=rQqFVXaGu9o>

THE CURRENT REALITY

SHIT I EAT

Typically in a day I eat all kinds of stuff. All over the place. This past week:

Yesterday: Blueberries, 2 small coffee with foam, 2 BIG ASS pieces thin pizza (1 pepperoni, 1 veggie), lemon water, 1/3 pound ground venison with zoodles and sautéed onion

Other Day: 1/2 Cup oatmeal with 1.5 T maple syrup, coconut oil + ghee (2 T), 2 bananas with probably 4 T peanut butter (emotional eating while stressful editing), venison ramen (1/4 lb ground venison with a TON of bone broth and zoodles) - when I watch TV afterwards my stomach hurts because I drank/ate too big of a portion

Other day: 1/2 oatmeal, 4 white chocolate ganache things (then I threw my stash away), kale bowl with cold smoked salmon, avocado, 1 C roasted potatoes

Grits (1.5 C - 2 C) with bone broth gravy and 1/3 pound venison with sautéed jalapeños

I'll eat super clean, then I get grossed out at the amount of vegetables I'm eating (bc I feel bloated / gassy) so then I want to eat a buncha shit like grits, cornbread, white flour to balance out the "vegetable" ness of it all. I eat when I'm bored. I eat to procrastinate, I eat to cope emotionally with stressful editing or tasks I don't want to do (fold laundry, edit tedious wedding ceremonies), or when I generally feel bad or exhausted. Last year I'd only edit at coffee shops so I wouldn't have the option of emotional eating (because I like to be cheap and not spend too much money when I'm at a coffeeshop so it motivates me), but I'd "reward" myself with some kind of pastry - sugary refined croissant, etc. - and I'd feel guilty that I had so much of a treat - then it would trigger me to be ultra productive in my computer editing - so I'm "redeem" my poor health choice by excelling in my professional work. That's literally what

I did the majority of last year - my lifestyle purposefully was not buying real food at the grocery store so I'd balance spending money at coffee shops, so I'd be powered on caffeine and sugary/buttery/flour pastries - but I think overtime I was nutrient deficient because I wasn't eating too much of anything but decadent sweets, coffee, and then we'd go out and I'd order the greasiest, biggest treat of a thing I can order (wings, french fries, hot dogs, mac n cheese) etc. - I went through a phase of seriously restricting my eating habits and would ONLY order salads when I'd go out - and so part of my decisions are ordering EXACTLY what kind of garbage I wanted when I'm out - but that was out of balance because I was eating out a LOT, and there was no "ground zero" cooking at home.

I find my biggest struggle is I want to feel REALLY FULL at the end of the day, or I want some "treat" and usually always have to have a sweet. That's a huge weakness/habit I've gotten into is after dinner continuing to eat/wanting a sweet. I don't do smoothies because of the amount of sugar, and I try to not eat too much fruit that has a ton of sugar (I eat mostly berries)

Actions I've taken in the last 30 days:

Took a break from caffeine (as a healthy check in), tried adding liver to my diet, taking cod liver oil daily, adding collagen to my oatmeal in the morning (I've been on a big oatmeal kick - it makes me feel full/satisfied for a long time - works well when I'm editing at home), got a gym membership - my goal has been to exercise at least 4 days a week, and I've been hitting that the past 2 weeks, so just building activity into my day, regardless of how hard I worked on the computer for the day.

WORK OUTS

THE KIND I LIKE

I love group fitness classes - there's ones at the new gym - the TRX class is an interval class and I LOVE it, dance related fitness classes are awesome, I HATE running by myself, I suck at running and my cardio/aerobic stamina absolutely BLOWS, and when I work out too hard or get my heart rate up to a certain level, it's like it drops super, duper fast and then I get light headed and nauseous and start seeing spots or am about to black out. I believe this is because my heart tries to be efficient and it slows down but my brain / body isn't done getting the blood flow it needs ... so I start passing out. So that's been a huge issue with when I did orange theory or when I push myself ultra hard intensity-wise even in a class like Sarah's.

Group fitness is my jam though, and teaching Buti was a fantastic cardio + interval/yoga work out for me because I have to call the poses, so I've signed up and am starting to teach every Wednesday now.

I like the rowing machine a lot, too. I like interval training. I don't mind busting out squats/ intervals while I'm editing at home. I like hula hooping but that's not a huge work out.

MOTIVATION

WHERE I'M AT

I had a huge AHA moment this December when I turned 27 in that I'm in my late twenties and ever since I was 19 when I completely honed in and reigned in my fitness/physique - I've been continuously flaking out/ failing at my radical eating + fitness plans, and I'm done with trying and failing - I'm just going to do it. I know that once I get to my ideal physique it's SO MUCH EASIER to stay in that range, it's just getting there mentally that I need help. I want to have a healthful, STRONG, LEAN AF gorgeous petite body, and I want to be consuming nutritious things that are beneficial for my body, not just stimulants that wear out my adrenals. I'm not opposed to skipping meals / fasting here and there and getting back into that "lean" perspective... In fact I'd love to come back into that space where I feel good fasting and not having a ton of food being processed in my body. The bottom line: it's time. It's now or never. I'm tired of having so much of my brain power going towards hiding/covering up where I have an extra handful of fat here or there, or I can't wear that item because of the shape my waist is, etc. I'm just done! I'm done fucking around, I'm done worrying about it - It's time, and I'll do whatever it takes. Literally whatever it takes.

THE STRUGGLE

WHERE I'M AT

I recognize something for me I struggle with is letting myself be thin - I'm terrified that I'll be attacked and won't have the mass to protect myself, so part of it is almost a subconscious mental barrier, and it's totally not-logical, at all. Part of me wants to go back to being thin SO BAD but I'm terrified people will start judging me and not liking me even more because I'm thinner than them. I don't want people saying things like "I'm anorexic" or "You're too thin" - but I also am completely done hiding and only photographing in certain angles because I have fat I'm hiding.

TRIGGERS

WEAKNESSES

My triggers are definitely stress, definitely getting bored / unsatisfied with eating just a shit ton of vegetables, and definitely do a TERRIBLE job of portion control, eating WHILE cooking and then having a regular portion, and eating "regular" or small portions in the first place. I

have a HUGE fear of not getting to eat enough food at a meal or missing out (Food FOMO? Is that a thing? Because that's literally my #1 with portion control) I hate that I put effort into creating a meal and then I have 3 bites and then I have a huge f#\$%ing mess to clean up afterwards. I'd rather just eat a hot dog. Literally.

HOW I'D LIKE HELP

ACCOUNTABILITY

I know if I don't plan things ahead of time, I don't follow through in a moment of weakness, so I need someone to hold my hand in goal setting, accountability,

OH! And I also freak the fuck out when I'm trying to get down to a weight - so I do best to not know where i'm starting at because I get in my head and self sabotage. So I propose if we do weekly weigh ins and measurements, and Katie you know the numbers and weight, but I don't – and if you'll just keep giving me action steps, work outs, and focuses with eating where I document everything to continue towards progress. And maybe if I can text you if I'm in a struggle moment, like "Omg I want a sweet so f#\$%^ing bad, I feel x, y, z." and just being a witness to that.

Also - I realize when I feel bad physically in my body because I have stress built up from my work or relationship – I really need to invest in getting massages because that tremendously helps get rid of bad vibes/tension I build up.