KEEPING MOTIVATED ON THE 5:2 DIET

Research suggests the 5:2 diet is easier to stick to over time compared to other types of diets, but sometimes we all need a little extra support to keep focused. This guide offers tips to keep you motivated.

ON FAST DAYS

Try out different ways of fasting to see what suits you best. For example, choosing your busiest day may help distract you from feeling hungry. On the other hand, you may need to eat more on busy days for extra energy. Work out what suits you by experimenting.

Plan fast days so they are not consecutive. You may find this easier to manage and there will never be longer than 1 day to wait before you can eat foods you are craving.

KEEPING TRACK

Weigh yourself once a fortnight and keep a written record of your weight.

Draw a graph to chart your progress with losing weight.
BE ADVENTUROUS

Try out new or different foods and dishes from the 5:2 Diet Photos book. Set yourself a goal to try at least one new food or dish each week.

Tofu Scramble
130 Cals

Mexican Bean Burger with Spicy Salsa
190 Cals

Baked Egg Ratatouille
255 Cals

Stuffed Aubergine with Bulgar Wheat & Feta
280 Cals

GET HELP

Find a friend or buddy to follow the diet with you.

Motivate each other by sharing tips and ideas.

BE ACTIVE

Being physically active is great for making us feel good.

Light exercise on fast days is fine but don’t attempt anything too demanding or do any endurance training.