

FREE MINI-GUIDE

ROOTS FIT & WELLNESS

BREAK THE ALL-OR-NOTHING CYCLE

*A short, honest look at why the cycle happens —
and how to finally step off of it.*

Why the Cycle Happens

"Perfect" was never actually the goal. It just felt like the only option.

Monday you're all in — every meal planned, every workout done. By Thursday, one thing goes sideways and suddenly it feels like the whole week is a wash. So you let go completely, tell yourself you'll "start over" next week, and the cycle repeats.

This isn't a willpower problem. It's what happens when the bar is set at perfect and nothing else counts as progress. This guide won't hand you a stricter plan — it'll help you recognize the pattern, understand a few signs it might be going too far, and see what a sustainable middle actually looks like.

2

EXTREMES TO NOTICE

7

SIGNS TO WATCH FOR

1

MIDDLE GROUND

0

RESTARTS NEEDED

WHAT'S INSIDE THIS GUIDE

The pattern itself.

What the all-or-nothing cycle actually looks like, so you can catch it before it takes over your week.

Signs you might be under-eating.

Gentle, general signals worth paying attention to — not a diagnosis, just awareness.

What a maintenance season really means.

Why staying steady for a while is a strategy, not a failure to progress.

What the Cycle Actually Looks Like

It rarely feels dramatic in the moment. It usually looks like this, on repeat, without you ever deciding to get on the ride.

1 The "perfect" phase.

Every meal planned, every workout done, rules followed to the letter. It feels great — for a while.

2 The first slip.

One missed workout, one meal that didn't go as planned. Small, normal, forgettable on its own.

3 The all-or-nothing thought.

"I already messed up, so what's the point today." One moment gets reframed as the whole day, or the whole week, being ruined.

4 The full release.

If it's already "ruined," why hold back at all? The rules get abandoned completely, often harder than the slip ever called for.

5 The reset.

"I'll start fresh Monday." A new perfect phase begins — and the cycle repeats, often with more guilt attached each time.

7 Signs You Might Be Under-Eating

The all-or-nothing cycle often shows up as under-eating during the "perfect" phase. These are gentle signals worth noticing — not a diagnosis, just information.

- ☐ You're thinking about food more than usual, even when you're not hungry.
- ☐ Your energy crashes hard by mid-afternoon, most days.
- ☐ Workouts that used to feel manageable suddenly feel much harder.
- ☐ You're more irritable, foggy, or short-tempered than normal.
- ☐ Your sleep has gotten worse or less restful lately.
- ☐ You feel cold more often than you used to.
- ☐ Your motivation to keep going has quietly started to disappear.

IF THIS SOUNDS FAMILIAR

One or two of these on a hard day is normal. Several of these consistently is worth a conversation with a doctor or registered dietitian — not because something is wrong with you, but because you deserve real support, not another rule to follow alone.

What a Maintenance Season Really Means

If "perfect" is the only thing that counts as progress, then staying steady feels like standing still — or worse, like failing. But a maintenance season isn't the absence of progress. It's often what makes the next season of progress possible at all.

WHAT MAINTENANCE ACTUALLY DOES

It gives your body a break from constant change.

Bodies adapt best with some stability. Nonstop restriction or nonstop pushing rarely holds up long-term, no matter how motivated you are.

It protects the habits you already built.

Staying consistent at a steady level is what keeps your routine intact instead of starting over from zero every time life gets busy.

It's a season, not a verdict.

Choosing to maintain for a while doesn't erase the progress you've made — it holds the line while life needs your attention elsewhere.

It rebuilds trust with yourself.

Every week you maintain without swinging to an extreme is proof you can be consistent without being perfect. That trust is what the next push is built on.

Consistency at a sustainable level will always outlast intensity you can't keep up.

PROGRESS, NOT PERFECTION

You don't need a perfect week to be making progress. You need to keep showing up, even imperfectly — and to stop treating one hard moment as proof the whole day, or the whole plan, is ruined.

*Small choices, repeated consistently, become the
foundation of who you become.*

Follow along @RootsFitWellness for more honest,
no-shame tools for building a sustainable routine.

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