

Personal Weight Cart

Tips for Weighing and Measuring:

W e i g h t :

- *Weigh once a week.* If you are finding that you are seeing significant changes, weigh everyday or potentially morning and night. Speak to a health care provider if you are seeing unhealthy shifts in your weight.
- *Weigh with no clothes.* Clothes can be heavy and very different from one another so try to weigh without your clothes.
- *Weigh on the same scale.* Unfortunately all scales are not alike with slight differences, keeping to one scale will make the numbers more accurate and easier to track. Depending on your situation making sure the tracked weights are the most accurate can be very important.
- *Weigh at similar times each day.* Try to wake up and weigh before you intake any liquids or food. Consuming any amount of fluids or solids can affect your weight and if you are trying to find the most accurate weight for your health you want to not add any weight.

M e a s u r e m e n t s :

- *Measure your inches once a month.* Depending on what your health care provider is looking for, measuring certain parts of your body might require you to do it more frequently. If you are swelling or bloating, they may want you to track the measurements morning and night. Speak with a health care provider if you are seeing significant changes within certain areas of your body. If you are just wanting to have an awareness of your body's measurements or trying to lose weight once a month is a great timeline to have for checking in with yourself.
- *Measure without clothes.* Clothes add inches and can affect your numbers, so unless you are wearing skintight clothes, take them off to make sure you get the best measurement!
- *Measure in the morning.* Morning is a great time to measure because it is before you consume anything and a more regular number. No matter when you measure, make sure you are consistent with the time of day you measure. This way you will have a more accurate perspective of where you are.