GAIN USEFUL INFORMATION FROM THE SCALE

TIPS

▪ Don’t compare readings

▪ No drastic changes based on one single random weight check

▪ Monitoring body weight over time can be valuable especially during a specific phase of training

▪ Daily weights only monitor fluid shifts
  ▪ For example when assessing your hydration status

PROPER WEIGH-IN INCLUDES

▪ Nude

▪ Morning

▪ After you have emptied your bladder

▪ Before exercise

▪ Before eating breakfast

▪ Once per week- Ensures consistency
  ▪ Same day of the week
  ▪ Same time of day