

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