**Part 7 – Tracking Progress**

**Key Takeaways**

* The **scale alone can be misleading**—combine it with waist and hip measurements for a clearer picture.
* **Consistency in when and how you measure** (day, time, tools, clothing) is critical for accurate tracking.
* **Subjective signs of progress** (clothes fitting, energy, strength) matter just as much as numbers.
* Daily weigh-ins are optional but can be useful for calculating weekly averages.

**Action Steps**

1. **Track at Least 3 Metrics Weekly**
   * Body weight
   * Waist circumference (at belly button or narrowest point)
   * Hip circumference (widest part of your buttocks)
2. **Follow Consistent Measurement Conditions**
   * Same day/time each week (e.g., Sunday morning)
   * After using the bathroom, before food/water
   * Without clothes or using the same tight-fitting outfit
3. **Use the Measurement Tracker Spreadsheet**
   * Log weight, waist, hips, optional thigh/arm/body fat if desired
   * Include notes on workouts and habits to spot trends
4. **Calculate Weekly Weight Averages (Optional)**
   * Weigh daily if it doesn’t cause stress; otherwise, stick to weekly
   * Average out 7-day weigh-ins to smooth daily water weight fluctuations
5. **Look for Subjective Progress**
   * Clothes fitting differently
   * Increased definition in the mirror
   * Better energy or mood
6. **Optional: Track Body Fat with Tools**
   * Use the same method/device monthly (DEXA, InBody, BIA scale, calipers, etc.)
   * Accuracy varies widely between devices, but trends are still useful

**Common Mistakes to Avoid**

* Relying only on the scale to judge fat loss
* Measuring at inconsistent times or with different tools/clothing
* Ignoring non-scale victories or subjective improvements

**Related Resources**

* 📈 **Measurements Tracker** (Excel)
* 🔗 [Body Fat Guidelines](https://www.stevegranthealth.com/articles-posts/what-is-an-appropriate-body-fat-percentage-goal/)
* 🔗 [WebMD: Body Fat by Age & Gender](https://www.webmd.com/fitness-exercise/what-is-body-composition)

**Video Timestamps**

00:00 Introduction: What to Track and Why

01:15 Measure the Same Day each Week and at the Same Time of the Day

02:28 Take Measurements Without Any Clothing

02:45 Use the Same Tools

02:59 Take Multiple Girth Measurements

03:11 Use a Mirror or Assistant

03:23 Weighing In Daily. Should You Do It?

04:02 How Weight Fluctuates on a Daily Basis

04:53 How to Measure Your Waist Circumference

05:47 How to Measure Your Hip Circumference

06:21 How to Measure Your Leg Circumference

07:36 How to Measure Your Arm Circumference

08:14 Body Fat Measuring Devices

09:35 DEXA scan

10:00 Hydrostatic Weighing

10:22 Air Displacement Plethysmography (Bod Pod)

10:48 3D Body Scanners

11:09 Skinfold Calipers

11:27 Segmental Bioelectrical Impedance Analysis (Inbody)

11:58 Hand-to-Hand BIA (Omron Handheld Monitor)

12:27 Foot-to-Foot BIA (At-Home Scale)

13:35 Other Ways to Track Progress: Subjective Measurements

14:08 Determining Your Body Fat Goal

14:39 My Optimal Body Fat Percentage Range

15:39 Where to Track Your Measurements

16:26 Why You Should Track Your Physical Activity