

Weight Tracking

How to weigh yourself daily without it messing with your head.

WHY WEIGH DAILY

Your weight fluctuates constantly. If you weigh once a week, you might catch a high day and think you've gained fat. Or a low day and think you've lost more than you have.

Daily data gives you the full picture. One number means nothing. The trend means everything.

THE ROUTINE

- 1 Wake up**
Same time each day, give or take.
- 2 Use the bathroom**
Empty bladder at minimum. This matters more than you'd think.
- 3 Step on the scale**
Same scale, same spot, minimal clothing. Consistency is the point.
- 4 Log it in your Weight tab**
Open your meal plan, Weight tab, enter the number. 10 seconds.
- 5 Move on with your day**
Don't analyse it. Don't react to it. Just log it and go.

THE WEEKLY AVERAGE

This is the concept that changes everything.

Your **daily weight** is noise. Your **weekly average** is signal.
Compare this week's average to last week's. That's the only number that matters.

WHY WEIGHT FLUCTUATES

- Water retention — sodium, carbs, hormones, even the weather
- Food volume — a big meal still digesting weighs something
- Sleep — poor sleep increases water retention
- Stress — cortisol holds onto water
- Exercise — inflammation from training adds temporary water weight

None of this is fat. The trend over weeks shows what's actually happening.

THE SCALE IS DATA

The number on the scale is not a grade. It's not a judgment of your effort or your worth. It's information. That's it.

If the number affects your mood, that's worth paying attention to.
A measurement shouldn't have that power. If it does, let's talk about it.

HOW TO THINK ABOUT IT

WRONG

"I'm up 0.4kg. The diet isn't working. I'll eat less today."

RIGHT

"I'm up 0.4kg. Noted. Weekly average still trending down."

MAKING IT STICK