

MEASURING PROGRESS



How do I measure my progress?

SCALES

The scales is a digital device that shows a number between the relation of you and the ground. Most of the time this does not give an accurate reading to what is happening. This is only a good indicator to show if things are going in the right direction if you are trying to lose a lot of weight but not something that should ONLY be focused on.

Fun fact – Muscle DOES NOT weigh more than fat. A kg of muscle is the same as a kg of fat. It just takes up less space in the body.



WEIGHT ON A SCALES CAN BE DICTATED BY:

Time of the day, sleep, digestion, if you have gone to the toilet, hydration/water weight, sweat, menstrual cycle.

If you are weighing yourself make sure it is at the same time in the morning before food and after the toilet to get an accurate (as accurate as possible) reading.

You must have a good relationship with the scales – if it's up one day this may not be weight gain – this could be one of the above. This is why taking a couple of weights a week is a better average than once a week. If you know the scales will put you in a bad mood for the day or dictates your happiness then get rid of the scales. End of.

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Preferred Ways



Photos

This is the best way to measure your progress. Put your phone on a selfie video mode and do a 360 turn. Screenshot the 4 angles. This will reduce the mirror photos which never show the correct angles.



Measurements

Get an old school measuring tape and record your measurements. Take them in cms. Do these weekly or bi weekly and from here you will know if your calories and macros are working for you.



Clothes

Keep clothes that are too tight on you – use these and an indication of progress.



How you feel

Do you feel better? Do you feel more confident? Do you feel leaner? This is a much better indication that what a number on the scales is going to tell you.