

How to Weigh Yourself

for the Most Accurate & Consistent Results



01

Weigh First Thing in the Morning (After Using the Bathroom) 🚽

Your weight can fluctuate by 2–5+ lbs during the day due to food, fluids, hormones, and activity. For the most accurate read, weigh yourself right after waking up, after going to the bathroom, and before eating or drinking anything.

02

Always Use the Same Scale, in the Same Spot ⚖️

Different scales—even expensive ones—can give different results. Place your scale on a flat, hard surface (not carpet) and keep it in the same place. This ensures consistency and reduces the risk of false fluctuations.

03

Don't Weigh Every Day—2–3x a Week is Ideal 📅

Daily weighing can mess with your mindset due to normal fluctuations. Instead, choose two to three consistent days each week and track trends over time—not the daily ups and downs.

04

Wear the Same (or No) Clothing Each Time 👕

Even light clothing can affect your weight by half a pound or more. For best results, weigh yourself without clothes or in the same lightweight outfit each time.

05

Don't Weigh After Exercise or Big Meals 🥗🏃‍♀️

Workouts and meals can cause temporary fluid shifts, bloating, or dehydration—all of which can skew the number on the scale. Stick to morning weigh-ins before any of these variables come into play.



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06

Track Your Weight to Spot Trends, Not Just Numbers 📊

GLP-1 medications work best when combined with consistent habits. If you're only going by how you feel, you may miss the progress you're making. Keep a log (a note on your phone works!) to see your trends over time, not just one number.

07

Understand That Weight Fluctuates—That's Normal! ⚖️📈

Salt, sleep, stress, hormones, and even weather can affect the scale. What matters most is the long-term trend, not the daily number. Trust the process, and keep tracking!

🎯 Bottom Line:

Weighing properly is a form of self-accountability. It helps you see what's working, adjust your plan, and celebrate real progress. If you've been going off feelings alone—this is your sign to start tracking again.

You're not doing this alone—we're here to guide you every step of the way. You've got this!

[Click here for your FREE weekly tracker](#)



Jason & Shelly



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