

Body Tracking Guidelines

1- Give your scale a break!

No more weighing yourself daily and randomly. Here is how to weigh yourself moving forward:

- Pick a day of the week and a time that is convenient for you.
- Weigh yourself every other week **OR** once a month on that specific day, at that specific time and write down your weight.
 - Ideally, weigh yourself naked.
 - Always weigh yourself 3 times and take the average
 - Mornings are best.

***REMEMBER**, don't get stuck on the number. This serves as a guideline.

2- Track your body measurements

On the same weigh-in day and at the same time, take your body measurements:

- Arms
- Chest
- Waist
- Hips
- Thighs

***Use the Weight & Body Measurement Tracker on the BE Club Home page to make it easier.**

#3- Pay attention to your clothes

Pick out a piece of clothing (pants are best. You can also go for a dress).

On your weigh-in day, BEFORE you weigh yourself or take your body measurements, put on that piece of clothing.

- Notice how you feel in it
- Notice where you feel looser or tighter (around the thighs, waist, hips, chest?)
- Write it down every time

***DO NOT LOOK AT YOURSELF IN THE MIRROR WHEN TRYING IT ON. YOU WANT TO GET USE TO NOTICE THE FEELING OF IT ON YOUR BODY NOT HOW IT LOOKS.**

#4- Understand that you are not perfect

It is very possible that your weight and/or your measurements don't change sometimes. Great! That means we get to go deeper in our understanding of what is happening.

- Did you follow the formula?
- Was there an event that happened between the weigh-in days?
- Did something stressful or out of the ordinary happen?

Now that you have an idea of what is going on, how can you shift your attitude, behavior to get back on track? What do you need more support with? Bring your questions to the coach!!

Also keep in mind that your body is adjusting to a new way of doing things and redefining your new normal. It needs time to adjust. Be gentle with yourself.