

Ditch the daily weigh-in!



The scale can be a helpful tool for measuring progress, but many people get in the habit of weighing themselves too often.

While some research shows that people manage their weight better by weighing in daily, the same can't be said for losing weight. Daily weigh-ins, or multiple weigh-ins per day, will only sap your weight-loss motivation with a roller coaster of emotions and can cause you to freak out by temporary up-ticks in the scale that have nothing to do with body mass or body fat.

Instead, it is recommended to step on the scale **once a week — or even every two weeks** — to better track progress.

In the meantime, paying attention to non-scale victories can provide serious inspiration!