



SCALE

WEIGHT

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ARTICLE 10

SCALES: They really aren't the be all and end all.

It can be incredibly disheartening to see the number on the scale fluctuate day to day – and it can be a tough pill to swallow when your Coach tells you that “take it with a grain of salt, the scale isn't the be all and end all!”.

You might be thinking “why do you ask me to track my weight, but also tell me it doesn't mean much”. The simple answer is that your scale weight can tell you A LOT, but if we are talking on a day to day basis, that does not include fat loss or gain. Weekly & monthly average trends are a far more accurate indication of that. If your daily increases become a trend, you may need to re-assess your nutrition and daily activity after 3 weeks to ensure you are seeing results. That's why your coach is here! To help you monitor that and make changes WHEN NEEDED!

Now, you have a check in on Sunday and your scale weight has jumped up a little and you start panicking... here's what your coach sees! These are some things we assume may have happened:

- You ate a meal later than usual, or you ate something different before bed. It is in a different stage of digestion compared to usual.
- You had a high sodium meal the day before (anything from salted nuts as a snack to a burrito for dinner)
- You are in the luteal stage of your cycle (aka the hormone shift and higher cortisol)
- You have increased your fibre (which can very often and now your body is trying to catch up and digest it. This can make your faeces a little more watery, “heavier” and take a little longer to digest.. so when you go to the bathroom, all will be back to normal again!
- You're constipated
- You had a hard training session the day before. When you weight train, it causes micro tears in your muscle. This is a good thing, because in your repairing process the muscle adapts.. which means it grows over time! During this repairing process the body can be a little inflamed, causing your weight to potentially be “heavier”
- You have started a new medication
- You had a carbohydrate dense meal later in the day. The word carbohydrate has the word “hydrate” in it.. you may be carrying a little of it's “water weight” at a different time of day than you're used to

We hope this can shed some light on the causes of daily fluctuations, and we hope they don't cause you any more concern 😊 It is normal! Track your weekly and monthly average to see a true trend!

