

Tracking Your Own Weight

You and your dietitian have decided that you will be tracking your weight while working with Nutritional Guidance. Accurate weight information is an important and complex part of your health and nutrition progress. Weight is affected by a multitude of physical and environmental influences on a daily basis! Your RD, Karen Beerbower, will work with you on personalizing your weight schedule and the transfer of this information to your nutritional record.

Look over the following helpful guidelines in tracking self-weights:

- Use the same scale each time of weight.
- Assure that the scale is placed on a hard surfaced floor and calibrated on a regular basis according to manufacturer instructions and zeroed before each measurement.
- Recommend accurate dial or digital weight scales. Discourage scales that track body fat or other body composition components.
- Wearing similar clothing is optimal, OR note on reported weight if there was a distinct change in clothing from previous weights.
- Remove shoes, belts and jackets.
- Empty out pockets including cell phone.
- Get on the scale only one time and record the weight, time of day, and any other significant information.
- Avoid comparing to past weights or an emotional response to the weight.
- Log the weight on the weight record form and Efax or email to your Healthie profile or fax to Nutritional Guidance at 407-629-5585.
- During your nutrition session, your dietitian will discuss the weight in relation to your pattern of weight maintenance or change as well as addressing the environmental and physical alterations that may be occurring.

