



**There's a
special way to
weigh myself??**

- Record your weight everyday.
- Always use the same scale, on a firm surface (not a carpet).
- Don't record weights done elsewhere (e.g. your doctor's office, exercise program).
- Weigh yourself as soon as you awaken and right after going to the bathroom (emptying your bladder).
- Either weigh yourself naked or wear the same clothing (it can change your weight).
- Always bring your weight records to any health appointments.