

Why weigh myself?

Lifestyle Balance participants are expected to weigh themselves regularly at home.

What are your thoughts and feelings about weighing yourself?

Some of the good things about weighing myself	Some of the not so good things about weighing myself	Solutions for dealing with the not so good things

If you don't like weighing yourself at home, try it for a month or two. And talk with your Lifestyle Coach about your thoughts and feelings.

We think you'll discover that weighing yourself will help you to:

- Respond promptly to changes in weight by adjusting your eating and activity.
- Look at trends over time and evaluate what weight loss strategies work best for you.