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If I had a pre-set weigh-in day, I might feel really bad this morning.

Monday, January 19, 2015

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My daily Spark email includes yet another article about avoiding the scale.

"4 Signs It's Time to Step off the Scale."

Oh, there I am in #3

"You can recite your weight to the nearest fraction at all times"

Yeah, sure I can.

I step on the scale every morning, while in my PJs, on the way to pour my coffee and log in to Spark.

Thanks to my digital accountability friend (the scale) I know exactly to two tenths of a pound what my body weighs.

Then there's this sentence from reason #2

"... if you become so concerned that you weigh yourself daily or several times a day, you are fighting a losing battle and you will be discouraged"

The article goes on to explain that weight fluctuates from day to day.

Of course, it does, but fluctuate means up AND down. I want to know if it keeps going up and I want to know before it gets out of hand. For that, daily data is very helpful.

Now back to the title of this blog.

What if today was my weekly weigh in day?

Yikes, I've gained 2.2 pounds since last week even though my nutrition & exercise goals have been met.

How about monthly? Oh no! Same thing. I'm up 2+ pounds for the month.

Both of those scenarios would be discouraging to me.

However, I know what I weighed yesterday and every day this week. I've been stable within a few tenths of a pound, I know that I've gained 2.2 pounds since YESTERDAY!

I did NOT eat an extra 7000+ calories yesterday. Today's weight is a fluke. It's an outlier in my overall data trend. Because I'm aware of the daily numbers, I'm not concerned at all.

I do understand the intention of the article – avoid obsession with the numbers and do not let them affect how you feel about yourself.

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They don't.

My check book balance doesn't affect my self-worth either (only my net worth). It's just a record of my income and spending. I keep an eye on that too.

I suppose I'm offended by being branded a "compulsive weigher."

The alternatives suggested (tape measure, calipers to check percentage of body fat) can become obsessions too. The problem isn't the device but the way we use them. That's another issue entirely.

I credit being active on Spark with my 5 years of maintenance.

I log in every morning right after I hop on the scale and get my morning coffee.

It's a routine that keeps me on track.

None of those 3 habits are an obsession.

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MJREIMERS

I needed this today! Thanks!
2318 days ago



CD13232376

Thank you SOO much for sharing this! It is always great to hear other peoples opinions on the whole weighing frequency topic. I have OCD and for me weighing everyday is just a must. Maybe not the healthiest outlet but it keeps me focused and more driven but I know everyone is different. Thanks for sharing your opinion. It helps me to know I am not crazy for weighing daily!!



THANK YOU!

Well Said!

2318 days ago



OOLALA53

Hey, if it really is just data, knock yourself out. It never helped me stay in range, but I did use a moving average while I was losing. Now it's official just for a week at a time, 4x a year, at the turn of the seasons. It's still more often than most slim people in other countries weigh themselves!



I agree that daily weighing is not necessarily an obsession.

2319 days ago



HEALTHY4JEANNE

I weigh in once a week. If I do more than that I become obsessed.
Glad you have a system that works for you. Thank you for writing this blog.



2319 days ago



AALLEY2

I Agree WAY TO GO

2319 days ago



NORASPHOTOS4U

GREAT POST!!! I so get the daily weigh - in. After taking a year to lose 25 pounds, I will absolutely weigh myself at least every other day. I trend the numbers over a week/month to determine if the trend is upward or just normal variation. Like you said - it's just part of the routine !!!

2320 days ago





OHMEMEME

Congrats on Maintenance! And on featured blog!

Your techniques and diligence have paid off. Maintenance is a tough one and after a while goes unrecognized, but I promise you I recognize the diligence of your five years. Hope to join you adding a year to my own this summer totaling 3 yrs. I still am not totally sure about it all.

Yep! I am a daily weigher also. It is part of my Maintenance strategies and works for me keeping me in check. However, it was not always so. I did monthly and then weekly as I was losing. And had to work through the emotions to make the scale my tool and my friend.

Again congrats on all!!!
2321 days ago



LOSINGITALL4ME

I also weigh daily and realize the ups and downs. But it helps keep me on track.
2321 days ago



INTAGGAR

Enjoy your blog!
2321 days ago



JIMA64

Almost every morning i strip down in the dining room and weigh, up or dow, I know sticking with the program will be a gradual but steady loss.
2322 days ago



HAKAPES

I measure my weight every morning to keep track. It's a good habit of mine to see where I'm going weight wise.
2322 days ago



HOLLYM48



Congrats on being featured blog!!! I agree with you on all of your points and don't know what I would do without my daily dose of SP!
Keep up the great work!
2323 days ago



DSJB9999



2323 days ago



PMRUNNER

The power of positive habits and positive thinking! Keep it up!
2324 days ago



RONNIMICHELLE

Thank you for your inspirational blog post! I finally reached my goal weight in November. In exploring support for transitioning to maintenance, I found out about the Hacker's Diet approach to a weighted moving average, which works best with daily weigh-ins. I credit Sparkpeople for getting to my goal weight, and I credit Hacker's Diet for keeping me there for two and a half months, the longest I've ever maintained. I agree with you that the argument against the daily weigh-in is seriously flawed, for all the reasons you described. Thank you for being such a great role model!
2324 days ago




SWEDE_SU

same three habits here - weighing daily (oh yes, more than once) let's me know where i am. if i stop - that's when i'm in trouble. totally agree with your blog!
2324 days ago



DAWNDMOORE40

 blog! I used to weigh myself all the time, but I learned that it's not the scale, but it's also how you feel and how your clothes fit! I think we can look too far into weight loss and turn it into an obsession or we can turn it into a healthy lifestyle, but either way, which I guess is up to what works best for each individual, we are all on the road to success if we continue to use the



program and monitor our eating and we get plenty of exercise.



for sharing your incredible

story! You are an inspiration to us all! Best wishes for continued success!





SUSIEMT

I also have the same three habits. When I got down to 200 lbs I decided I would weigh every day. I read the articles about weight and fluctuations so I decided that I would not let the fluctuations bother me. They have not and will not. I continue to advise anyone that asks that unless they can weigh themselves without it affecting them one way or the other they should only do it once a week or monthly.



2324 days ago



IAMAGEMLOVER

Even when I was losing weight, I was on sparkpeople about 8 hours a day. I am disabled so once I am done with what I have to do, I spark. Some of my family would say I was obsessed, my answer, I ma be but there are worse things to be obsessed with. I do weigh in only once a week and that's only because of the challenge. Otherwise, I only weighed in once a month.

2324 days ago



50YEARSAWIFE

I too weigh every day. It is just like brushing my teeth, part of my daily routine. Thanks for sharing.

2324 days ago



SLENDERELLA61

Great blog!! For years based on WW I was a weekly weigher, but I made the mistake of getting discouraged by the scale over and over. Based on Beck I am now a daily weigher. At least for right now I do not ever let it ruin my day and I totally understand that any one day may be a fluke, but that the trend is accurate. WeightGrapher has helped me understand that one, too. I totally agree with daily weighing, but paying attention to the trend. I like comparing my lowest weigh-in of each month. That seems to be a very good indication of where I am, whereas the highest weigh in of each month is not a reliable indicator.

Thanks again for the great blog and "weighing in" on this topic!! -Marsha
2324 days ago



AMARILYNH

I am RIGHT THERE with you!! I know and accept that my weight will fluctuate, BUT I like having at least a good idea WHY it fluctuated! Like you I know I don't REALLY gain 2 pounds overnight and when I do I can usually pinpoint the reason with ease. Until April 2008 I was a yoyo dieter and when I was gaining I tended to avoid the scales - after all, it would just depress me, right? WRONG!! Clothes that don't fit depress me, and daily weighing keeps my clothes fitting!! It may not work for everyone, but it works for me and NO ONE will stop me from doing it.

Well done!!
2324 days ago



TERI-RIFIC

I agree with everything you said. I like weighing every day. in the past, all of my successes were while I weighed in and when I gained and went off track, I didn't weigh.

2324 days ago



_LINDA

Well Done! CONGRATS! on five years maintaining! When you have been doing it for that long, you can do what ever you feel is necessary to continue being successful. Tools are nice. Some people try to ditch the Nutrition Tracker as soon as possible, but for me, it is always a tool I will use along with the Fitness Tracker because they work in tandem, keeping me mindful of how many calories I must have based on my workouts. I am not a numbers cruncher, so this works for me like your scale works for you! I used to have a set weekly weigh in, but now I weigh a little more often, when I think of it, because I have a fancy new scale that syncs with my Fitbit data
Happy Maintaining!

2324 days ago



HONEYBEESBLISS

I've read and disagreed with that article for myself too!!! I know some people who for them it's best if they stay away from the scale everyday but it's like what you said it's not the tool or the info that is the problem it's what you do with it!!!

I also like to weigh every morning before I get my coffee and log in to SP as well!! And feel the same that if it's up that morning it's not a big deal because my trend is fine, there's ups and downs but if I weighed in once a week or month I wouldn't be aware of that and wouldn't know where on the fluctuation spectrum I really was! I think seeing the data each morning helps me understand my body better and now I'm even tracking my cycle too because I'm curious as to what that part that plays in it.

As long as it's not controlling how I feel about myself I don't see anything wrong with it either! If I thought every fluctuation upward was real I'd lose my mind LOL but logic suggests that it's impossible and so to freak out over it is just nonsense!
2324 days ago



TUTUNAN

This is my routine as well. Works for me!
2324 days ago



DESERTJULZ

I love this blog! I'm the same way (weigh). Every morning, I weigh in and record. I look at the overall trend, and the 7-day average to determine if I need to make changes.
2324 days ago



KATIE3908

I too weigh every morning and watch my weight fluctuate a couple of pounds up and down but I, like you, want to make sure it doesn't continue to go up. I think we can weigh every day and not be an obsessive weigher. I watch my weight just like I watch the balance in my check book to make sure I don't go over. Great blog!! I totally agree.



2324 days ago



DDOORN

Love your thought: "The problem isn't the device but the way we use them."

Oh so true! Thank you for your ongoing inspirations!

Don

2324 days ago



BESSHAILE

so so true. From one daily weigher to another - I like to know. Not what is going on toda but what the trend has been all week.

I so completely agree with you that it's just a tool. Use it or abuse it - it is innocent. And if you are already obsessing about a scale number you're going to obsess over any form of measurement.

You are so singing my song.

2324 days ago



BOOKAPHILE

I agree. Daily weigh-ins are a collection of data. You're excellent at tweaking calories and exercise to stay close to your goal!

2324 days ago



CD14291083

I've found that weighing every day is necessary for me, too. I avoid having my mood yo-yo every day along with my weight by calculating the average over the previous seven days. It shows that my weight is stable, and my reaction to the weight is stable too now.

2324 days ago



CD4114015

Came back to see this blog again! You ARE a true inspiration! THANK YOU! 🐻 and I

STILL love that picture on your page where you show exactly what VICTORY looks like!

2324 days ago



PEZMOM1

Well Said!

2324 days ago



JANCARD

I weigh every day too (then coffee & Spark) and I couldn't agree more with your take on this. The daily weigh in just provides helpful data and helps me to keep my good health and nutrition habits in the forefront. I've been maintaining for over a year and a half now, and hope to be like you someday---with 5 years behind me! Wishing you the best!

2324 days ago



THOMS1

I agree. I make coffee, weigh in, write my weight down on the calendar, pour my coffee and





work on spark. Keeps me on track.
2324 days ago



GINGERVISTA



I wanna be like you when I grow up!!!someone who's maintained a weight loss (within a few pounds) for 5 years!!! I don't know if I've ever done it for 5 MONTHS! Thanks for being SUCH an inspiration for me & others. YOU ROCK!!!



2324 days ago

Comment edited on: 1/29/2015 10:08:45 AM



GIVEUP30



golly your blogs are so good...I did get on scale this morning and it was down.....just can't get on them everyday....it me....
2333 days ago



PHEBESS



When I had a scale and an apartment, I weighed myself daily. Useful information, gave me a guide re how I was doing.

But, like you, I didn't define myself by that number on the scale. Nor by the number on my clothing labels.

However, not everyone is rational about those numbers. There truly are people who define themselves by those numbers, random as they might be.

So keep weighing. Keep being rational about it. And, well, not all Spark articles are true for every person. (You knew that. I'm just reminding you.)
2333 days ago



GINIEMIE



I generally weigh in daily, track it on my bathroom calendar and once a week I use my electronic scale which is only a few ounces different-but I don't care. I'm doing this to watch for a trend. I came home from a trip, I weighed myself this morning..haven't done so since Thursday-left too early (3am) Friday to weigh in. Now wanting to take my scale with me sounded a bit over the top so I didn't. I'm up but I know that I ate off my plan and did not track every morsel I put in my mouth. I'm making adjustments and will weigh in tomorrow and daily for the rest of the month and

the next month etc.



2333 days ago



CD13376265



I can't weigh myself regularly as it feeds my eating disorder, but if you don't have one, and it doesn't have an effect on your mental health or self-worth, then go for it! Our paths to health and wellness are all unique.



2333 days ago



MARYJEANSL



I think the article was meant to be addressed to those people who do become obsessed to the point that it causes them problems. Lots and lots of people like you find daily weighing to be helpful. I am in the position (not sure if it's good or bad) of not having a working scale. I weigh myself every time my son sees the doctor - which, unfortunately for him, is very often. It saves me from having to buy a scale, with the added advantage that the scale in the clinic is surely more accurate than any I could buy.
2334 days ago



DOVESEYES



I am the same.
2334 days ago

CD4114015



Like so many others and you I weigh every single day....but I also know I am prone to obsession about it so I NEVER weigh more than the one time. But I will always weigh the one



time...I loved this blog....makes me feel good because
fluctuate!
2334 days ago



I have learned that it IS normal to



MJZHERE

When I resist getting on the scale every day I know I'm in for trouble. It means I don't want to face the upward trend that is happening. Without the scale, I would gain a whole lot more before facing it and doing what is necessary.
2334 days ago



PHOENIX1949

Each of us in our 'experiment of one' needs to use the tools that work for us. Since most of these are discovered by trial and error before being utilized regularly they don't qualify as obsessions in my book.
2334 days ago



ONEKIDSMOM

Well Said!

Scale obsession is only if you really ARE obsessed about it and let it affect your day! If the attitude is adjusted to "it's just a GPS reading" and we are tracking trends... perfect for



maintenance!
2334 days ago



SUBMOM2



My routine is almost the same, except I drink tea instead of coffee! For me, it's just a habit. It doesn't make or break my day, it just helps me see the trend before it gets out of hand.

2334 days ago



MOOSLADY

I weigh in everyday as well and record it in an online tool that gives a weighted average and graphic visual. It allows me to see a trend within a few days. That said, if I know I just ate a tone of salty food like Asian or Party food, I know the gain is water not a problem. For example, I went to a Bunco Christmas party Friday and ate lots of yummy indulgent things. I weighed in 3 lbs heavier the next day. Within 3 days it will be gone since it was mostly water.
2334 days ago



SMALL_WORLD

I Agree Well Said!

It's not the scale that causes obsessions, it's out outlook/mindset. I weigh myself sporadically (up until two months into my weight-loss journey I didn't even have a scale) because I'm more interested in tracking what my body can do - I 'compulsively' watch and track steps on my pedometer!
2334 days ago



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