
How to Measure Progress Without Stepping on the Scale

You can measure progress towards your health goals without constantly checking the scale.

- Making balanced lifestyle changes will help guide you and your body to better health and wellness.
- Checking your weight constantly can lead to unhealthy feelings towards food, eating, body image and self-worth.
- You may see improvements in your health without seeing numbers change on the scale!

Other Ways to Measure Progress Include the Following:

- **Hunger & Fullness**

- ☐ You notice hunger and fullness cues
- ☐ You understand how it feels to be comfortably full
- ☐ You can stop eating when you feel comfortably full

- **Mood & Sleep**

- ☐ You stress less about food
- ☐ You find new ways to manage emotions without using food
- ☐ You view the eating process as enjoyable
- ☐ Your overall mood has improved
- ☐ You start to respect and appreciate your body
- ☐ Your focus has improved
- ☐ You have more energy
- ☐ Your sleep has improved
- ☐ You have less headaches

- **Mindful Eating**

- ☐ You aim to have meals in a comfortable setting without distractions
- ☐ You experience food using your senses (taste, touch, smell, sight, hearing)
- ☐ You notice which foods satisfy you most
- ☐ You practice staying present in the moment while eating

- **Eating**

- ☐ You eat many different foods
- ☐ You are eating less packaged foods and more whole foods
- ☐ You eat less animal foods and more plant foods
- ☐ You are more in tune with your body's energy needs
- ☐ You have tried to make a new recipe
- ☐ You tried a new food you have never had before
- ☐ You have balanced meals and snacks
- ☐ You are drinking enough water

- **Body Movement**

- ☐ Your strength has improved
- ☐ Your overall fitness has improved
- ☐ Your endurance has improved
- ☐ Your flexibility has improved
- ☐ You can perform tasks that used to be difficult
- ☐ You are taking part in movement activities that feel good
- ☐ You exercise for personal reasons

- **Blood Chemistry**

- ☐ Your blood sugars have improved
- ☐ Your blood pressures have improved
- ☐ Your cholesterol has improved
- ☐ Your levels of vitamins and minerals in your blood have improved
- ☐ Your markers for inflammation have improved

- **Gut Health**

- ☐ You have regular bowel movements
- ☐ You have less or improved bloating
- ☐ You have less or improved stomach pain
- ☐ Your acid reflux has improved
- ☐ Your stool consistency has improved

- **Social Life and Quality of Life**

- ☐ Your organization has improved
- ☐ Your relationships have improved
- ☐ You participate in activities that bring you joy
- ☐ You feel less anxious
- ☐ You find yourself laughing more

Shift your focus

Instead of focusing on weight, change the focus to the specific actions that you are taking to improve your health and well-being. Focus on the changes you see in your behaviors, habits, thoughts, and how you feel throughout the day. Over time you'll find that this shift will help you make peace with food and your body.