



# THE VALUE OF HAVING METRICS

# WHAT AND HOW TO MEASURE

In your weight loss journey, it will be important to measure your progress by weighing yourself. It is important that we have metrics to see how we are making progress and research supports that weighing yourself consistently does allow for better RESULTS. But let's not let weight be the only metric. We want you to use...weight, body part measurements, how well you sleep, and how much energy you have. This way you know you are doing great things for yourself. [Please check out this handy dandy tracking sheet.](#) (if you are reading a hard copy of this go to your 6 Week Challenge Website for this resource). If you choose to use it, you can track all the measurements or just some of them. The only person who will see it is you and those you decide to share it with. Be sure you use best practices when weighing yourself.

## Best Practices

- ✓ Pick at least one day out of the week to weigh in. Since a Nuvita week begins on Monday, that is a good day. If you want to weight more frequently, that is your choice.
- ✓ Use the same scale each time.
- ✓ Weigh in first thing in the morning before food or fluids.
- ✓ Weigh in with similar clothing.

You may also consider a simple way of tracking what you eat throughout the next 6 weeks as a way to bring awareness to your patterns and choices. Here are two apps you can download to your phone: [YouAte](#) and [See How you Eat](#). (if reading a hardcopy of this search the app store for your phone for these apps). This is optional, but research supports that keeping A RECORD of your food does significantly improve weight loss success.