

# How To Use A Weight Loss Calendar For Maximum Results

Jan Johansen December 11, 2013



Weight Loss Calendar

**Just the simple tracking of your weight loss is very important to your self-esteem and is an important part of any program to manage your weight.**

([Newswire.net](#) -- December 11, 2013) Portland, OR -- Now you know whether all that work your doing is paying off or not or even if you need to adjust your routine. And it works as a strong motivational tools to help you reach your goals by providing constant feedback.

You can use a regular monthly wall calendar, a desktop calendar, or you can choose something more specialized for the purpose. They are available online that can be printed one month or three months at a time. They can fit on a single sheet and can be attached to any convenient surface -- like your refrigerator to remind you of what, and who, you are doing this for.

You can choose what you want to track; pounds, inches, or sizes. Figure out what your stongest motivator is and use it.

## Pounds

When you decide to track pounds lost, invest in a good quality scale that measures in decimals and provides consistent readings. It's helpful to see if you lost two tenths of a pound or a whole pound. Even a slight loss can give you the motivation to stick with your plan and inspire you to lose more weight and provided immediate feedback when you stray.

Your weight can fluctuate from day to day, depending on water weight or how much food volume you have in your body so weighing everyday may not be best. Others choose to weigh weekly. According to the National Weight Control Registry, most people who successfully keep weight off long term do so by weighing most days each week.

## Inches

Measuring inches lost can be very helpful to most dieters. Take your initial measurements, including your waist, hips, bust, thighs, and upper arms. Don't pull the tape to tight or you will cause the reading to be inaccurate. Measuring once a week should allow you to see inches lost.

Tracking your waist circumference is an important gauge in tracking your weight loss and health progress. Higher waist circumference is often associated with a higher risk of diabetes, high blood pressure, and other illnesses. This is due to the dangers of too much abdominal fat.

## Clothing size

Tracking your weight loss progress by how many clothing sizes you lose can be extremely motivating. As you glance through your calendar and see the sizes that you used to wear, compared to the size you wear now. This also reminds you that you will have the pleasure of shopping for new clothing as you reach your goal.

Keeping your calendar can help you achieve long term success.

### **About A Better You.**

A Better You Spa is Portland's leading holistic and integrative wellness center. The center is dedicated to helping their clients look and feel their best, offering a wide array of unique services to improve your health and well-being, from the innovative Madame et Monsieur Electro-Slim™ weight loss systems to purifying spa treatments.

### **A Better You**

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