5 Ways to Track Weight Loss

Losing weight is a slow progress and one that should be tracked. This helps you know if what you are doing is working and lets you see when you hit a plateau so you can change things up. Here are some different options for tracking your weight loss.

**1. Weigh Yourself On a Scale**

One of the most popular methods of tracking your weight loss is to use a scale. This will just look at the pounds lost, so keep that in mind. Depending on your actual weight loss goals, the numbers on a scale might not be what is important to you. However, it is a good way to see if the pounds are coming off or not. Remember to weight the same each time, including the time of day and what you are wearing.

**2. Use Measuring Tape**

Since muscle weighs more than fat, it sometimes is a better option to measure yourself instead of just using a scale. If you are building muscles, you may be losing a lot of fat and inches, but the scale doesn’t reflect it properly. Get a flexible measuring tape, such as what is used for sewing. Most craft and fabric stores will sell them. Measure around your bust, your waist, your hips, and around each arm and leg at the same position each time.

**3. Try Clothing Comparisons**

A simple way to see if you are losing weight is to see how your clothing fits. If a pair of jeans that used to be skintight are now a little loose even after washing them, you might be losing some weight around your waist and thighs. You can also try putting on your “skinny” clothes periodically to see if they fit yet.

**4. Take a Picture**

This is actually one of the more accurate ways to see if you have lost any weight. Make sure you are either not wearing clothes, or wearing the same thing in each picture. A bathing suit, bra and underwear, or a tight-fitting tank top and stretch pants are all good options for seeing if you have lost weight or not. Don’t forget to get the front of your body, the back, and your profile. Take face pictures as well, as a lot of weight loss shows in your cheeks and neck.

**5. Use a Digital Tracker**

If you are using a heart rate monitor or fitness tracker like a Fitbit, this can also be useful. You are not weighing or measuring yourself with it, but it will show a nice graph of weight loss after you use one of these other methods.