Scale Vs. Measuring - Which Is Better?

Hello [[firstname]],

In today’s blog post, we discussed ways to track your weight loss goals.

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Now let’s talk about whether using the scale or measurements is better. When you first start a weight loss journey, you may find yourself standing in a room with a scale, camera, and measuring tape. The idea that most people have is to take note of your starting point. How much you weigh at the start of the journey, your body measurements, and a picture can give a good indicator of how far you have come later down the road. The trick after this first day of measurements is to know which one to pay attention to and why. Do you pay attention to the scale, the measuring tape, or both and why? Here are some answers to those questions.

**Consider the Goals**

Your goals are actually what begins to dictate if the scale or the measuring tape is the best option for you to focus on. If you are considering dropping weight for a certain fitness goal, such as getting in a different weight class for MMA or similar fighting, then the scale may be your ideal choice of focus. If you are dropping weight for military purposes then you will want to focus on both your measurements and your scale, because they base your fitness score on both numbers. If you are dropping weight to feel better about yourself, look better, and fit into the clothes you have been eyeing for awhile then the measurements may be the ideal focus. It all depends on the goals.

**What the Numbers Tell You**

One thing to consider when looking at which form of weight loss measurement is right for you is what the numbers are telling you and how they change. For example, when you use the scale your numbers can change throughout the day depending on how much intake and output your body is having. The truth is, the scale only tells you the weight. It doesn't tell you what that weight is based on, what may be causing a higher or lower output, or anything along that lines. It simply tells you the number of your weight at that moment and that number can vary from scale to scale.

The measurement tells you how many inches you have lost in various areas of your body. It can give you an accurate account of where you are dropping weight and where you may be losing fat and gaining muscle tone. It can also help you determine which areas you need to work on more and which ones are on task for your goals.

**Body Fat, Scales, and Measurements**

Body fat is something that should be considered when you are looking at the choice between focusing on the weight of the scale or the measurements of your body. Your body fat index does play into both of these. For example, if you look at any height and weight chart you will find that your body fat is usually corresponding to the weight you are and the weight you ideally should be. This doesn't play into your measurements, but it does show you where you need to be. So in that regard, if body fat is the biggest concern then your scales are your focus.

The truth is, the better focal point between scales and measurements depends on your goals. Both have their place in your fitness routine, and both will likely be used at different points. Neither one is better than the other.

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