

# MAKING PEACE WITH THE SCALE

DOES A WEIGH-IN  
INSTANTLY CHANGE YOUR  
MOOD OR CONFIDENCE?

If you answered "yes",  
then you may be giving the  
scale too much power!

WEIGHT IS SIMPLY THE  
FORCE OF GRAVITY ON  
YOUR BODY MASS

Several factors can affect  
weight, including fluids,  
foods, health conditions,  
and medications.

The scale cannot  
tell the full story  
and status of your  
**HEALTH.**

The scale blinds  
you to **REAL**  
progress and  
results.

The scale keeps  
you **STUCK** on  
food.

The scale cannot  
tell how **FIT** you  
are or how much  
**ENERGY** you  
have.

The scale can  
create a **VICIOUS**  
**CYCLE** of  
punishment and  
reward.

The scale doesn't  
know that your  
**CLOTHES** are  
fitting better.

You cannot control  
the number on the  
scale. You *can*  
**CONTROL** your  
behaviors.

Weight is  
transient.  
The changes you  
make are  
**ENDURING.**

Don't put your  
trust in the scale.  
**TRUST** in yourself.