BE STRONG
Eat.Move.Live

THE KNOWLEDGE

NON-SCALE VICTORIES

WEIGHT LOSS ISN'T ALWAYS LINEAR SO WHEN THE SCALES DON'T REFLECT YOUR PERCEIVED EFFORT, YOU NEED TO APPLY SOME PERSPECTIVE!

Perspective on both your past performance and your ongoing achievements!

First of all check in on the past few weeks' performance

- Do you know your calorie allowance to lose 1-2lbs a week? Have you checked it recently?
- Are you guessing at portion sizes and the numbers of calories in your food?
- Are you tracking absolutely everything? Honestly?
- Drinking plenty of water?
- Protein at every meal?
- Skipping meals then kidding yourself you can have more later, because of it?
- Drinking your calories?
- Mindlessly snacking? Been bored?
- Do you enjoy the food you are eating?
- Rewarding your exercise with food?

If you can still hand on heart say you are getting it right, then you need to look at your non-scale victories to get some perspective that way. These are the little things that come as a bit of a surprise and are usually highlighted by someone else.

WHAT ARE YOUR NON-SCALE VICTORIES?

1	Change in outlook, mindset and attitude… you're more positive and happier
2	You have more energy and confidence to try new things and get things done
3	Your clothes feel looser and you are starting to look forward to trying clothes on
4	You are becoming a role model for others and inspiring friends, family and colleagues to lead a healthier lifestyle.
5	You are less bloated and generally feel more comfortable
6	You are getting improving results at medical appointments
7	You've got a twinkle in your eye; your complexion is improving and you have even noticed one or two admiring glances!!
8	You now commit to things and see it through – you are a 'can do' person