



skinny **BOX™**

QUICKSTART GUIDE



WEIGH-INS

HOW TO WEIGH YOURSELF FOR ACCURATE TRACKING

Weighing yourself correctly is key to tracking progress without frustration. Here's how to do it right:

1. Pick a Consistent Schedule:

Weight fluctuates daily due to water retention, food intake, and other factors.

To get the most accurate picture:

- Weigh yourself at the same time each day (morning is best).
- Do it before eating or drinking anything. Turn stored fat into fuel
- Weigh in after using the bathroom.



2. Use the Right Scale & Setup

- Use a digital scale for accuracy
- Place it on a flat, hard surface (not carpet).
- Stand still with feet evenly placed on the scale

3. Track Trends, Not Just Daily Numbers

Your weight will fluctuate—don't stress over small day-to-day changes! Instead:

- Weigh in weekly if daily changes stress you out.
- Focus on the overall trend over weeks and months.
- Pair weigh-ins with measurements and progress photos for a fuller picture.



Pro Tip: Don't Let the Scale Define Success

Remember: weight loss isn't always linear. Water retention, muscle gain, and digestion all play a role. Celebrate non-scale victories like looser clothes, increased energy, and better fitness!

MEASUREMENTS

HOW TO MEASURE YOURSELF FOR ACCURATE TRACKING

Taking your initial measurements is an important step in tracking your weight loss progress beyond just the number on the scale. Here's how to do it properly:



What you'll need:

- A flexible measuring tape (like a tailor's tape)
- A mirror (to ensure proper placement of the tape)
- A notebook or app to record your measurements
- A consistent schedule (take measurements at the same time of day, preferably in the morning)



How to Measure Yourself:

Make sure the tape is snug but not digging into your skin. Stand tall and breathe naturally.

- 1. Bust/Chest** – Measure around the fullest part of your bust (for women) or chest (for men), keeping the tape parallel to the floor.
- 2. Waist** – Find your natural waistline, which is the narrowest part of your torso, usually just above your belly button. Avoid sucking in!
- 3. Hips** – Measure around the widest part of your hips, typically over your buttocks.
- 4. Thighs** – Measure around the fullest part of one thigh, standing with feet slightly apart.
- 5. Arms** – Measure around the fullest part of your upper arm, about halfway between your elbow and shoulder.

Additional Tips:

- Take measurements every 2-4 weeks to track progress.
- Wear fitted clothing or no clothing for accuracy.
- Use the same measuring tape each time.
- Combine measurements with progress photos for a complete picture of your journey.





PICTURES

HOW TO TAKE YOUR INITIAL & PROGRESS PHOTOS FOR WEIGHT LOSS

Trust me, even if you do not like taking pictures, you will want to have a “before” photo for comparison. Progress photos are one of the best ways to see real changes in your body—sometimes even before the scale or tape measure shows them! Here’s how to take them correctly:

1. Set Up for Consistency:

- Pick the same time of day – Morning, before eating/drinking, is best.
- Use the same lighting – Natural light or a well-lit room works best.
- Stand in the same spot – Choose a place with a plain background.
- Use the same camera/phone – Set it up at eye level for consistency.

2. Wear the Right Outfit:

- Wear more form-fitting clothes to clearly see changes.
- Skip baggy clothes—they hide progress!

3. Take Photos From Multiple Angles: To get a full view of your transformation, take:

- **Front view** – Stand straight with arms relaxed at your sides.
- **Side view** – Turn to the side with arms relaxed.
- **Back view** – Stand naturally with arms at your sides.

4. Keep Your Pose Consistent:

- Stand tall with good posture.
- Relax your body—don’t flex or suck in!
- Keep arms naturally at your sides (not lifted).

5. Take Photos Every 2-4 Weeks

Your body changes gradually, so don’t rush the process! Comparing pictures over time will highlight even subtle progress. *Pro-tip: Use the same outfit for each progress picture.

Final Tip: Track Your Progress, Not Just the Scale

Weight fluctuates, but photos tell the real story! Combine them with measurements and how clothes fit to see your transformation more clearly