

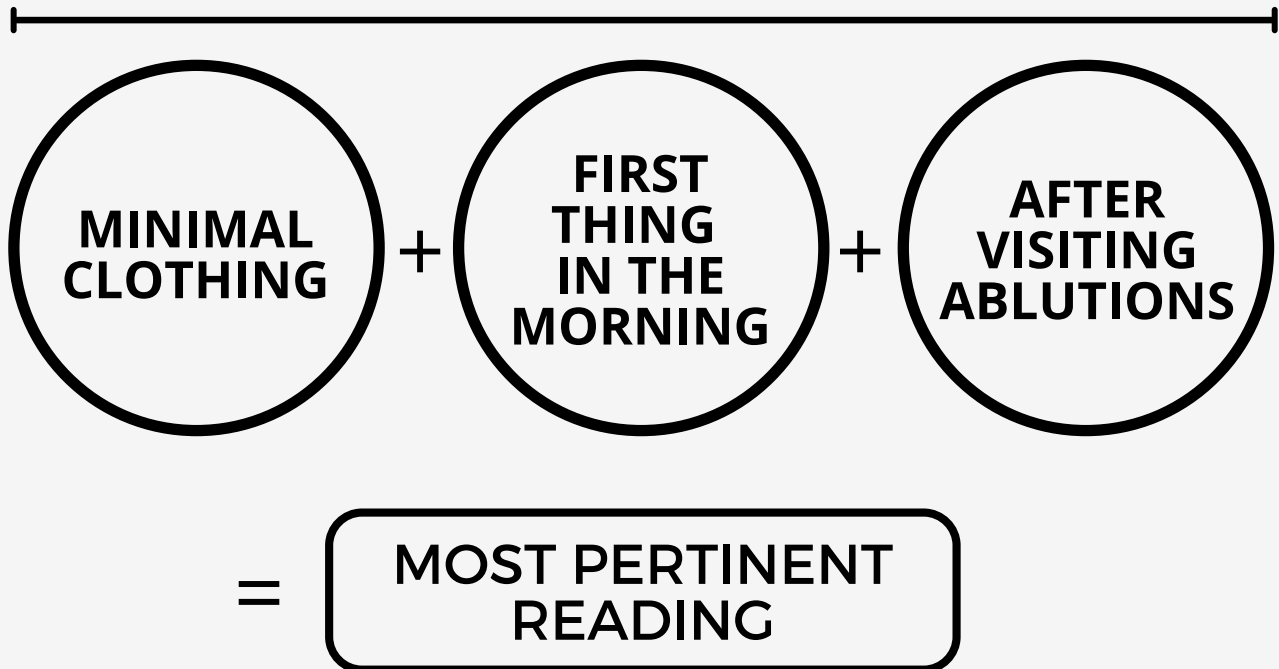


WEIGH IN GUIDE

**THE PERFORMANCE
PROJECT**

BEST WEIGH IN PRACTICE

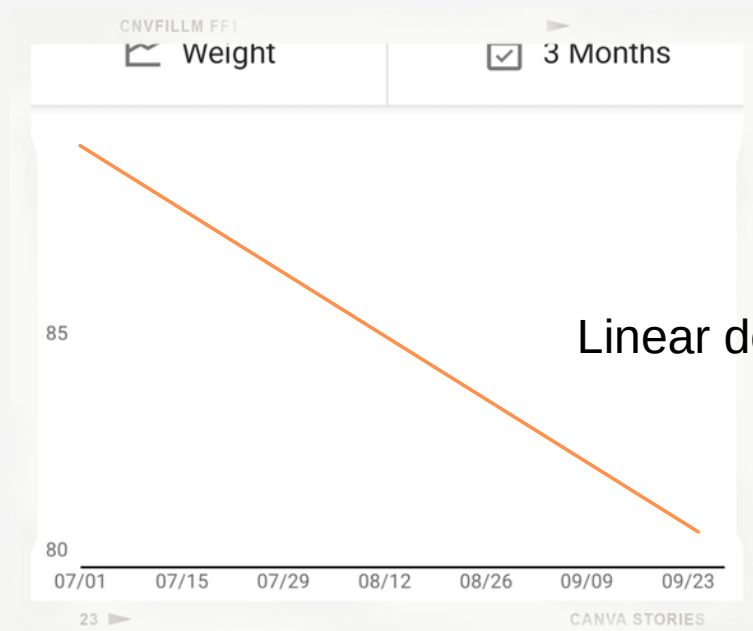
DO THIS DAILY AND RECORD



Do this daily and record on the app. If you need to purchase scales I would recommend these [click here](#)

Daily weigh ins are to ensure that you don't miss new lows/highs. It is normal that your weight fluctuates daily. What you are concerned with is a new low/high each week which indicates a trend.

COMMON MISCONCEPTION



REALITY

