

# HOW TO WEIGH YOURSELF

## @DIABETICDIETITIAN

- Remove ponytail holder
- Pee like a champ.
- Every AM, step on scale.
- Get mad at scale. Curse.
- Blame salt intake, your period, etc.
- Gingerly step on scale again.
- Roll up your sleeves, remind yourself your weight doesn't define you.
- The scale is data; not your worth.
- What can you do differently today to create change on the scale tomorrow?
- Is the scale your only tool of measure?