How to Determine Percent Weight Loss

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Anyone who's interested in losing weight typically has a weight goal in mind. For the average person, it's usually one to two pounds per week until you reach your target goal. But, in order for you to record accurate measurements, you need to insure that all of your measurements are done consistently from beginning to end, using the same equipment.

Difficulty: Moderately Easy

Instructions

things you'll need:

- Weight scale
- One set of exercise clothing and shoes
- Calculator

1 Weigh yourself when you wake up in the morning, before breakfast. Record this in a weight journal. This will be your beginning weight. Any subsequent weighing should be done at the same time of day, before breakfast.

2 Subtract your current weight from your original weight at regular intervals. Record the number in your journal.

3 Divide the number of pounds you lost by your starting weight. For instance, if you originally weighed 200 lbs and lost 20 lbs, divide 20 by 200 to equal .10.

4 Multiply the results by 100 to convert the decimal number to a whole number. This is the percentage of weight you've lost.

Tips & Warnings

- Be careful to use the same equipment each time you weigh yourself.

- Weigh yourself at the same time each day.

- Be honest, and record your weight to the nearest ounce.