

How to Record Your Weight



Weigh yourself accurately and use the NHS BMI Calculator to see if you're within a healthy range.

When should I weigh myself?

Weigh yourself consistently at the same time of day, preferably in the morning, and at regular weekly to monthly intervals.

Where should I weigh myself?

Use a firm, level floor for accurate readings; bathrooms are ideal.

What are the different types of scales and how should I use them?

Home scales are digital or analogue and will display your weight in kilograms (kg), pounds (lb) or stone (st). Digital scales usually have a button to change the unit.

Stand with both feet on the scale and your weight evenly distributed. Analogue scales should be zeroed before stepping on.

What should I wear?

Little to no clothing, avoiding shoes and heavy items where possible which could throw off the reading. Wear similar items every time you weigh yourself.



What if I don't have scales at home?

Gyms and leisure centres often have scales, but you might have to pay to use them.

Health centres and pharmacies are likely to have private weighing areas and may have specialist or accessible options.

You could also ask a friend or neighbour, as long as you're consistent with the scales you use.

It's as easy as 1..2..3

1. Use the same scales in the same location every time.
2. Check your scales are accurate and on a level, even surface.
3. Keep still on the scales until the number stops moving, then record your weight.