

REASONS FOR SCALE FLUCTUATIONS



01

YOU ATE LOTS OF CARBOHYDRATES YESTERDAY

Each gram of glycogen comes with 3 grams of water weight

02

YOU ATE SALTY FOOD YESTERDAY OR DRANK ALCOHOL

Consuming foods high in sodium can cause you to retain excess water weight. Alcohol will also cause you to gain water weight



03

YOUR MENSTRUAL CYCLE IS ON THE WAY

Usually your weight will fluctuate up in the week leading to your menstrual cycle

04

YOU ARE CONSTIPATED

If you haven't had a bowel movement this can add up to 5lbs!



05

YOU HAD AN INTENSE WORKOUT THE DAY BEFORE

Lifting weights or training at a high intensity will cause some inflammation in the body resulting in water retention and weight gain.

06

LACK OF SLEEP

lack of sleep will result in poor recovery and high cortisol and adrenaline this can cause water weight



07

WEIGHING YOURSELF AT A DIFFERENT TIME

Weigh yourself at the same time of day with the same scale if you want to be accurate in your tracking

REMEMBER IT IS NEAR IMPOSSIBLE TO GAIN FAT SUDDENLY. MOST OVERNIGHT WEIGHT FLUCTUATIONS ARE USUALLY WATER WEIGHT.