

6 places to keep your scale

Keep your scale in one of these spots to make weigh-ins easy to remember:



Under the sink

Store the scale flat,
not on its side



In the bathroom

Weigh in before
you shower



Near the bed

Use the scale
after you wake up



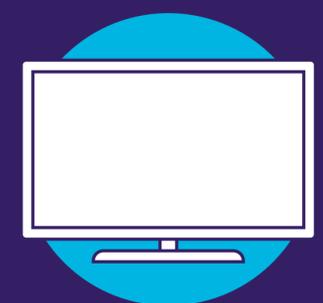
In a closet

Keep it in the bedroom
or bathroom



By gym equipment

Link it to your
healthy habits



Next to the tv

Keep it top of mind

Place the scale on a hard surface, not on carpet or tile grooves.