

Mechanical Scale

Always weigh/use the scale on a hard and flat surface

Clean the scale with a damp cloth and avoid water getting inside the scale

To get a proper reading, weighing conditions should be similar from day to day, and of course, never move your scale.

Here are your recommendations:

Weigh yourself once a week

Weigh yourself in the morning, 15 minutes after you got out of bed and having gone to the washroom

Be barefoot

Be undressed