

**THE ULTIMATE GUIDE TO**

# **WHY THE SCALE FLUCTUATES**

**(AND WHY IT'S NOT FAT GAIN!)**

**A SIMPLE GUIDE TO UNDERSTANDING WEIGHT  
CHANGES & STAYING ON TRACK**

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# INTRODUCTION.

HEY, I SEE YOU...

YOU'RE DOING ALL THE RIGHT THINGS,  
TRACKING YOUR FOOD, GETTING YOUR STEPS  
IN, DRINKING YOUR WATER, AND THEN YOU  
STEP ON THE SCALE AND...

▲ IT'S GONE UP.  
CUE THE PANIC.

YOU ASSUME YOU'VE GAINED FAT OVERNIGHT.  
YOU FEEL FRUSTRATED, WONDER WHAT'S THE  
POINT, AND MAYBE EVEN CONSIDER QUITTING.

SOUND FAMILIAR?

HERE'S THE TRUTH: THAT NUMBER ON THE SCALE  
IS NOT TELLING YOU THE FULL STORY.

THIS GUIDE WILL HELP YOU UNDERSTAND  
EXACTLY WHY YOUR WEIGHT FLUCTUATES,  
WHAT'S ACTUALLY FAT GAIN (AND WHAT ISN'T),  
AND HOW TO TRACK PROGRESS PROPERLY, SO  
YOU NEVER LET THE SCALE MESS WITH YOUR  
HEAD AGAIN.

# WHY THE SCALE LIES

FIRST THINGS FIRST: YOUR WEIGHT WILL FLUCTUATE DAILY, NO MATTER WHAT.

IT'S NORMAL. IT HAPPENS TO EVERYONE. AND IT'S GOT NOTHING TO DO WITH FAT GAIN.

HERE'S WHY:

## 1. WATER RETENTION

- ATE A SALTY MEAL? YOUR BODY HOLDS ONTO WATER.
- HAD A TOUGH WORKOUT? YOUR MUSCLES RETAIN WATER TO RECOVER.
- TIME OF THE MONTH? HORMONES CAN INCREASE WATER WEIGHT.

## 2. FOOD IN YOUR SYSTEM

- YOU DIDN'T GAIN FAT OVERNIGHT—YOU JUST HAVE MORE FOOD SITTING IN YOUR STOMACH.
- MORE FIBER = SLOWER DIGESTION (WHICH IS A GOOD THING).

## 3. CARBS REPLENISHING GLYCOGEN STORES

- CARBS ARE STORED WITH WATER IN YOUR MUSCLES.
- IF YOU EAT MORE CARBS ONE DAY, YOUR WEIGHT MAY SPIKE, BUT THAT'S NOT FAT—IT'S JUST YOUR BODY DOING ITS JOB.

## 4. HYDRATION LEVELS

- MORE WATER = TEMPORARY WEIGHT GAIN.
- LESS WATER (AKA DEHYDRATION) = TEMPORARY WEIGHT LOSS.
- NEITHER MEANS YOU'VE GAINED OR LOST FAT.

## 5. HORMONAL CHANGES

- YOUR CYCLE CAN CAUSE WEIGHT FLUCTUATIONS OF 2-5 LBS.
- STRESS INCREASES CORTISOL, WHICH MAKES YOU HOLD ONTO WATER.

# WHAT'S ACTUALLY FAT GAIN & WHAT'S NOT?

LET'S BREAK IT DOWN...

NOT FAT GAIN:

- ✓ YOU ATE A SALTY MEAL AND WOKE UP HEAVIER.
- ✓ YOU HAD A HIGH-CARB DAY AND THE SCALE JUMPED.
- ✓ YOU'RE ON YOUR PERIOD AND YOUR WEIGHT IS UP.
- ✓ YOU WEIGHED YOURSELF AT A DIFFERENT TIME OF DAY.
- ✓ YOU WORKED OUT YESTERDAY AND YOUR MUSCLES ARE HOLDING WATER.

ACTUAL FAT GAIN (WHICH TAKES TIME!):

- ✗ CONSISTENTLY EATING IN A CALORIE SURPLUS FOR WEEKS.
- ✗ ZERO MOVEMENT OVER AN EXTENDED PERIOD.
- ✗ NO STRENGTH TRAINING OR ACTIVITY TO SUPPORT FAT LOSS.

☞ A SINGLE DAY OR EVEN A WEEK OF FLUCTUATION IS NOT FAT GAIN. IT TAKES 3,500 EXTRA CALORIES TO GAIN 1LB OF FAT. UNLESS YOU'RE EATING THOUSANDS OF EXTRA CALORIES DAILY, YOUR WEIGHT FLUCTUATIONS ARE JUST NORMAL BODY PROCESSES.

# HOW TO TRACK PROGRESS THE RIGHT WAY...

**1** WEIGH YOURSELF AT THE SAME TIME EACH DAY (IDEALLY FIRST THING IN THE MORNING, AFTER THE TOILET, BEFORE FOOD/DRINK).

**2** TRACK YOUR WEIGHT AS A TREND, NOT A DAILY NUMBER.

TAKE YOUR WEEKLY AVERAGE AND COMPARE IT TO THE NEXT WEEK.

LOOK FOR TRENDS OVER MONTHS, NOT DAYS.

**3** USE OTHER PROGRESS MARKERS:

HOW YOUR CLOTHES FIT.

PHOTOS EVERY 2-4 WEEKS.

ENERGY LEVELS, MOOD, CONFIDENCE.

💡 REMEMBER: THE SCALE IS JUST ONE TOOL—IT DOESN'T DEFINE YOUR PROGRESS OR YOUR WORTH.

# MINDSET SHIFT: STOP LETTING THE SCALE CONTROL YOU

WEIGHT LOSS ISN'T LINEAR. SOME DAYS YOU'LL BE UP, SOME DAYS YOU'LL BE DOWN. WHAT MATTERS IS CONSISTENCY OVER TIME. INSTEAD OF:

✗ "THE SCALE WENT UP, I MUST HAVE GAINED FAT."

TRY:

✓ "MY WEIGHT FLUCTUATES DAILY, BUT MY HABITS WILL GET ME RESULTS."

INSTEAD OF:

✗ "I ATE PIZZA LAST NIGHT, I'VE RUINED EVERYTHING."

TRY:

✓ "ONE MEAL WON'T UNDO MY PROGRESS —JUST LIKE ONE SALAD WON'T MAKE ME LEAN."

👉 PROGRESS IS MEASURED IN MONTHS, NOT DAYS. KEEP GOING!

# WANT MORE SUPPORT?

**IF YOU'RE TIRED OF FEELING STUCK AND  
LETTING THE SCALE DICTATE YOUR  
PROGRESS, I CAN HELP.**

**I COACH WOMEN JUST LIKE YOU TO  
LOSE WEIGHT WITHOUT THE MIND  
GAMES. NO QUICK FIXES, JUST SIMPLE,  
EFFECTIVE STRATEGIES THAT ACTUALLY  
WORK.**



**CLICK [HERE](#) TO APPLY FOR COACHING  
AND TAKE BACK CONTROL OF YOUR  
JOURNEY!**

## **FINAL THOUGHTS**

**IF YOU TAKE ONE THING FROM THIS GUIDE, LET IT BE THIS:**

**THE SCALE DOES NOT MEASURE YOUR PROGRESS. YOUR  
HABITS DO.**

**NOW GO AND KEEP SMASHING IT! YOU'VE GOT THIS. 💪**

*Lauren Paul Coaching X*