

Non-Scale Victories

Physical (outside):

- Fewer blemishes
- Glowing skin
- No more under-eye circles
- Improvement in rashes or patches
- Less dimpled skin
- Longer, stronger nails
- Stronger, thicker hair
- Brighter eyes
- Fresher breath
- Whiter teeth
- Flatter stomach
- Leaner appearance
- Clothes fitting better
- Wedding ring fitting better
- Less bloating
- More defined muscle tone
- Less joint swelling
- Looking younger
- Feeling more confident in your appearance

Physical (Inside):

- Healthier gums

- Less stiff joints
- Less painful joints
- Fewer PMS symptoms
- A more regular monthly cycle
- Increased libido
- Less stomach pain
- Less diarrhea
- Less constipation
- Less gas
- Less bloating
- Improved “regularity”
- You don’t get sick as often
- Reduction in food allergies
- Fewer migraines
- Fewer asthma attacks
- Less acid reflux
- Less heartburn
- Less chronic pain
- Less chronic fatigue
- Less tendonitis/bursitis
- Less shoulder/back/knee pain
- Improved blood pressure
- Improved cholesterol numbers
- Improved circulation
- Improved blood sugar regulation
- Improved medical symptoms
- Reduced or eliminated medications
- Recovering faster from injury or illness

Mood, Emotion, and Psychology

- You’re happier
- You’re more outgoing
- You’re more patient
- You’re more optimistic
- You laugh more
- You’re less anxious
- You’re less stressed
- You handle stress better
- Your kids say you’re more fun
- Fewer mood swings
- Improved behavior (kids)
- Fewer tantrums (kids)
- Less depression
- Improved mental health
- Fewer sugar cravings

Non-Scale Victories

- Fewer carb cravings
- Improved body image
- Improved self-esteem
- Improved self-confidence
- Less reliance on the scale
- Feeling in control of your food

- Healthy strategies to deal with cravings
- More nutrition in your diet
- Food no longer has unwanted “side effects”
- No more food guilt or shame

- Less snoring
- Less night sweats
- Less sleep apnea
- Fewer night cramps

Food and Behaviors

- Healthier relationship with food
- Improved disordered eating habits
- No more bingeing
- Practicing mindful eating
- Learned how to read a label
- Eats to satiety
- Listens to your body
- Abandoned yo-yo or crash dieting
- No longer afraid of dietary fat
- Learned how to cook
- No longer use food for comfort
- No longer use food as reward
- No longer use food as punishment
- No longer use food as love
- No longer a slave to sugar/carbs
- Can identify cravings vs. hunger
- Fewer cravings

Brain function

- Improved attention span
- Improved performance at job or school
- Improved memory
- Faster reaction times
- Fewer ADD/ADHD symptoms
- You think more clearly
- You feel generally more productive

Sleep

- You’re sleeping more
- You fall asleep more easily
- You sleep more soundly
- You no longer need a sleep aid
- No more “snooze” button
- You awaken feeling refreshed

Energy

- Energy levels are higher
- Energy levels are more even
- More energy in the morning
- No more mid-day energy slump
- More energy to play with your kids
- More energy to exercise
- More energy to socialize
- More energy at work or school
- You no longer need to eat every two hours
- You no longer get cranky if you don’t eat
- You feel energetic between meals
- You need less sugar or caffeine

Non-Scale Victories

Sport, Exercise, and Play

- You start moving or exercising
- You became more consistent with exercise
- You can exercise longer, harder, or faster
- You feel more athletic
- You can lift heavier things
- You hit new “personal bests”
- You recover more effectively
- You’re trying new activities
- You play more with your kids or dog

- You’re more coordinated
- Your balance is better
- You’re outside more

Lifestyle and Social

- New healthy habits to teach your kids
- More knowledgeable about nutrition
- Shop locally and eat seasonally
- New cooking skills
- New recipes
- Meal prep is organized and efficient

- Made new like-minded friends who support your lifestyle
- Maximize your food budget
- Spend less time and money at the doctor’s office
- You’ve created other health goals
- Healthy eating habits have brought your family closer
- You’ve joined a new community
- Your kids have the best school lunches
- People ask you what you’re doing differently
- People come to you for health, food, or lifestyle advice