

How To Track Weight

Tracking your weight is an important element of reviewing your progress and keeping yourself motivated. The VLM program makes weight tracking fast and easy so that you can get back to your daily activity. You may enter your weight as frequently as every day, but it is recommended you enter your weight at least weekly, so that the VLM program can assess your progress and adjust your goals appropriately.

Once you have completed the Orientation lesson, the Daily Weight Tracker can be accessed at any time in the VLM program by clicking on the KEEP TRACK tab at the top of the page.

To Track Your Weight:

1. Navigate to the Keep Track page using the top menu link at the top of the page.
2. On the "Daily Tracking" tab, enter your weight into the box labeled WEIGHT and then click Save.
3. The VLM program will record your weight in the Daily Tracking section and will also add it to the weekly calendar section for the day that you tracked.