2.Weight

TOP TIPS

- ❑ Remove shoes and any heavy clothing, such as jeans or a jumper
- ❑ Stand with both feet in the center of the scales
- ❑ Record the full weight shown on screen (e.g. 86.7kg or 13.6st)

Step 1:

Place the scales on a flat, firm, non-carpeted surface if possible.

Step 2:

Make sure take off your shoes and wear as little clothing as possible.

Step 3:

Step on the scales and stand still whilst the scale measures your weight. Record your weight on the sheet provided.