

Transforming your life isn't defined by what number is on the scale. There are so many non-scale victories that you'll notice when you start eating healthier, exercising more, and making small changes to your daily routine.

Non-scale victories describe the benefits of healthy living that aren't necessarily reflected on the scale. As you start or continue your transformation journey, print this page off and look through this list. Check each one of these non-scale victories off as you notice them! Remember when checking these boxes to be kind to yourself, you've been working hard and you deserve some praise! :)

YOUR BODY (OUTSIDE)

- Clothes start fitting better
- Start dropping belt sizes
- Wedding ring fits better
- More flexible
- Skin feels softer and smoother
- Fewer blemishes on your face
- Feel less bloated
- Look down, you probably have a flatter stomach
- Thicker and stronger hair
- Fresher breath (your partner will thank you)
- Reduced varicose veins
- Don't take medicine as often
- Rediscover your jawline and cheekbones
- Able to stand up and sit down easier
- Muscles are more toned and defined

YOUR BODY (INSIDE)

- Don't get winded walking up or down stairs
- Able to digest food easier
- Feel more awake during the day
- Have energy to do the things you enjoy
- Don't get sick as often
- Fewer PMS symptoms
- Increased sex drive
- Less gas, constipation, and diarrhea
- Fewer headaches and migraines
- Less heartburn and acid reflux
- Able to wake up easier
- Recovery faster from illness and injury
- Improved blood pressure
- Improved cholesterol

YOUR MENTAL & EMOTIONAL HEALTH

- Feel happier :)
- Feel more attractive
- More charismatic towards others
- More optimistic about life
- Feel less stressed and able to handle stress better
- Feel less anxious during the day
- Overall feel less depressed
- Feel more in control of life
- Find yourself arguing less with others
- Enjoy looking in the mirror more
- Have more self control
- You feel more emotionally stable
- Others don't upset you as much
- You enjoy exercising more

YOUR SLEEPING HABITS

- You fall asleep faster
- You're sleeping more
- You don't wake up in the night as often
- You are able to wake up easier
- You don't snore as much (finally)

YOUR EVERYDAY LIFE

- Fewer snack cravings
- Feel fuller during the day
- Know how to eat healthy
- Eat more nutritious foods
- Find it easier to socialize with others
- Learned healthy habits you can teach others
- Joined a health-centered community (like our Facebook group!)
- Have made new friends with similar interests
- Received more compliments from family & friends
- Find yourself wanting to play more with your kids/grandkids more
- Can play with your kids/grandkids longer
- Outside find yourself outside more
- Enjoy being in pictures more
- Find yourself smiling more