The Body Arcade

Two-week delta tracker · thebodyarcade.com

Two numbers a day. Nothing to count.

MORNING — weigh when you wake up, before breakfast or a glass of water. The first number of your day.
NIGHT — weigh right after your last meal (by 2pm, or 8 hours after you wake). Same scale, same clothes.
OVERNIGHT DROP — tonight's Night minus tomorrow's Morning. Mostly water and breath, not fat.
Day 8 morning — seven drops are in. Write down their median (the middle one) and their average.
Days 8 to 14 — tonight's ceiling = this morning + median drop – (weekly rate ÷ 7). Default: 0.5 lb a week.
Missed a day? Leave it blank. Different scale, travelling, unwell? Tick Flag and leave that row out.
Dinner plans? Then dinner is meal two that day: keep the count, drop the clock, weigh after it. No failed days.

Day	Date	Morning	Last meal	Night	Drop	Ceiling	Flag	Notes
01							☐	
02							☐	
03							☐	
04							☐	
05							☐	
06							☐	
07							☐	
08							☐	
09							☐	
10							☐	
11							☐	
12							☐	
13							☐	
14							☐	
15								

WEEK 1 BASELINE (drops 1 to 7, un-flagged) MEDIAN _____ AVERAGE _____

The Body Arcade is a measurement tool, not medical advice. Not for anyone under 18 or with a history of disordered eating; see thebodyarcade.com/safety.
The app does this arithmetic for you, smooths the noise, and sets tonight's ceiling. The rate is capped at 2 lb a week. thebodyarcade.com/pricing