



The Body Arcade

14-day delta tracker • thebodyarcade.com

Two numbers a day. Nothing to count.

MAX — weigh right after your last meal of the day (by 2pm, or 8 hours after you wake). Same scale, same clothes.

MIN — weigh when you wake up, before breakfast or a glass of water.

DELTA — MAX minus MIN. Most of it is water and breath, not fat. That's expected; write it down anyway.

Day 14 — average your 14 deltas (skip any you flagged). That average is your number. Plan tomorrow's ceiling from it.

Missed a day? Leave it blank. Different scale, travelling, unwell? Tick Flag and leave that row out of the average.

There is no failed day.

Day	Date	Last meal	MAX	MIN	DELTA	Flag	Notes
01						☐	
02						☐	
03						☐	
04						☐	
05						☐	
06						☐	
07						☐	
08						☐	
09						☐	
10						☐	
11						☐	
12						☐	
13						☐	
14						☐	
AVERAGE DELTA (sum of un-flagged deltas ÷ number of un-flagged days)						_____ lb / kg	