

- **By [Sonia E Russell](#)**

In my years of coaching patients and working with more than half a dozen physicians, I have never included "loading weight" as part of the patient's "total weight loss". Loading weight is what I consider to be "artificial" weight gained and should not be included in the total weight lost. Here is how to accurately chart your daily progress:

Day 1 170 load

Day 2 173 load

Day 3 175

Day 4 169

Day 5 167

Day 6 166

Day 7 165

So by day 7, the dieter has lost 5 pounds, not 10.

There are many dieters that include loading weight as part of their total weight loss. Although I do not support this method, perhaps there is some degree of a psychological benefit, by giving the dieter increased confidence to continue the challenges of weight loss.