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Weight Measurement Instructions

for Chompions!

# Materials you will need

## Things you will receive from us

* A scale
* A measuring tape

## Things you will need from home

* Your smartphone or computer (to access the instructional videos)
* A pen and paper (to record weight)

# OVERVIEW: Checklist of Steps to Record your child’s weight

1. Locate your scale. Please use the scale that we sent you with the Chompions materials, the Etekcity Digital body Weight Scale.
2. Open the packaging.
3. Remove the Styrofoam surrounding the scale.
4. Remove the plastic strip from the battery compartment on the back of the scale (batteries are included).
5. Place the scale on a hard, flat surface – not a carpet or a mat.
6. Before your child steps on the scale, have them remove any bulky items (like winter coats or shoes).
7. Have your child step onto the scale, and then briefly step off until the scale returns to ‘0.’
8. Have them step back onto the scale. They stand straight on the scale with their feet centered under their shoulders. Instruct them to stand as still as possible and look straight ahead.
9. Your child should stand on the scale until the digits on the display flash 3 times, showing the final measurement.
10. Record the number on the scale. Be sure to record all the numbers you see on the screen.



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