

Paired scale: meal logging and weight change

Meal logging and the first weight section use accounts created from 9 Aug through 9 Oct 2026. The last weight section uses accounts created before 9 Aug, so the no-scale group is measured over the full two months. Subscription is ignored. A scale means a scale id is stored.

Meal logging among recent signups

Accounts created from 9 Aug through 9 Oct 2026 only. A scale means a scale id is stored. Everyone else who signed up in that window is the comparison, whether or not they subscribed. A logging day is a UTC day with a meal the user entered themselves. Auto-repeated meals are left out.

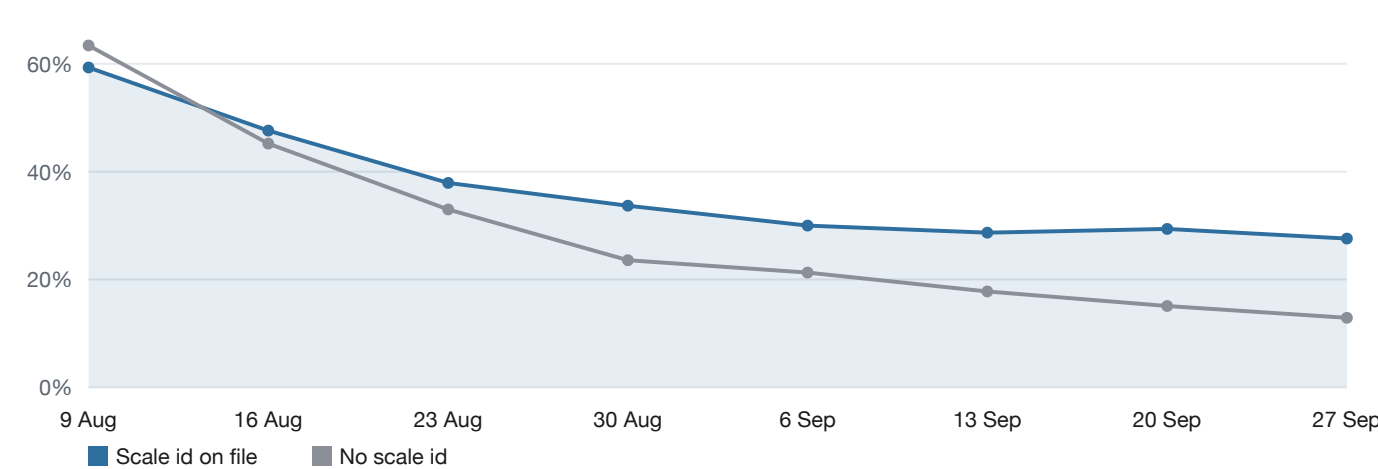
Logging at least once is almost the same: 67.5% of new scale accounts (237 of 351) and 66.0% of new accounts with no scale (2,450 of 3,712). The difference is whether they keep logging. In the week of 27 Sep, 27.6% of scale accounts who had already signed up logged a meal, against 12.9% with no scale.

Each week only includes people who had already signed up

Someone who joined in September is not in the August denominators. The first week is close: 59.3% of 59 scale accounts and 63.4% of 505 accounts with no scale. After that, the no-scale line falls faster.

Share of new accounts logging each week

Eight full weeks, Sunday 9 Aug through Saturday 3 Oct. Each point is the percent of accounts in that group, created on or after 9 Aug and already signed up by that week, who logged a meal that week. Horizontal axis is the week start. Vertical axis is percent of those accounts.



Source: diary_entries and users. By the last full week the scale group is about twice as likely to log (27.6% against 12.9%).

How many accounts were already signed up

Week starting	Scale accounts	Scale logged	No scale	No scale logged
9 Aug	59	59.3%	505	63.4%
16 Aug	105	47.6%	1,028	45.2%
23 Aug	145	37.9%	1,510	33.0%
30 Aug	172	33.7%	1,945	23.6%
6 Sep	207	30.0%	2,399	21.3%
13 Sep	230	28.7%	2,777	17.8%
20 Sep	279	29.4%	3,136	15.1%
27 Sep	326	27.6%	3,434	12.9%

Days since signup

Through 9 Oct, scale accounts logged on a median of 5.3% of the days since they joined. Accounts with no scale logged on a median of 2.7%. Among people who logged at least once, those medians are 14.0% and 5.9%.

Group	Accounts	Logged at least one day	Median share of days since signup	Mean share
Scale id on file	351	67.5%	5.3%	18.5%
No scale id	3,712	66.0%	2.7%	11.7%

Share of days uses each account’s days from creation through 9 Oct. Subscription status is ignored in both groups.

How meal logging was counted

Account age uses created_at, or the timestamp in the user id when that field is missing. Disabled users and staff roles are excluded. Automatic repeats are excluded. This describes who logged. It does not show that pairing a scale caused the difference.

Weight change among recent signups

Same accounts as the meal-logging comparison: created from 9 Aug through 9 Oct 2026. A scale means a scale id is stored. Subscription is ignored. Change is the last weight minus the first, as a percent of that person’s starting weight, for accounts with two readings at least 14 days apart.

On that percentage, the scale group lost more. Their median loss was 2.03% of starting weight, against 1.70% for accounts with no scale id. That is a 19% larger median loss. The mean loss was 2.23% against 2.06%, which is 8% larger. Those figures come from 32 scale accounts and 112 with no scale.

The median loss is larger, and fewer of the measured scale accounts lost 1%

53% of measured scale accounts lost at least 1% of body weight (17 of 32), against 64% with no scale (72 of 112). The share who lost at least 3% is 34% against 38%. Among accounts whose goal is to lose weight, the medians are 2.45% with a scale id (30 accounts) and 2.23% without (96).

How the scale group compares

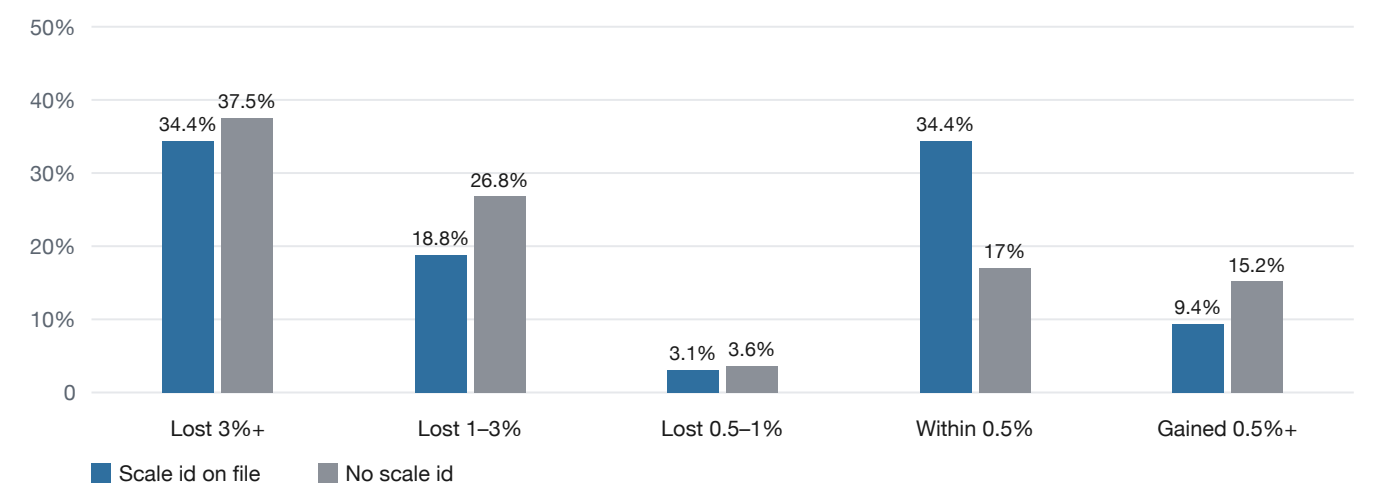
Recent signups with two readings at least 14 days apart. “Larger loss” uses the absolute size of the percent change.

Outcome	Scale id	No scale id	Scale group vs no scale
Median loss, % of starting weight	2.03%	1.70%	19% larger loss
Mean loss, % of starting weight	2.23%	2.06%	8% larger loss
Lost at least 1% of body weight	53.1%	64.3%	11 percentage points fewer
Lost at least 3% of body weight	34.4%	37.5%	3 percentage points fewer
Gained at least 0.5% of body weight	9.4%	15.2%	38% fewer gained

Source: diary_biometrics, 9 Aug–9 Oct 2026. Scale accounts started heavier (median 83.8 kg, against 77.2 kg). In kilograms the medians were –1.59 kg and –1.56 kg. The median gap between first and last reading was 32 days with a scale and 25.5 days without, so the loss per 30 days was 1.20 kg against 1.60 kg.

Change as a percent of starting weight

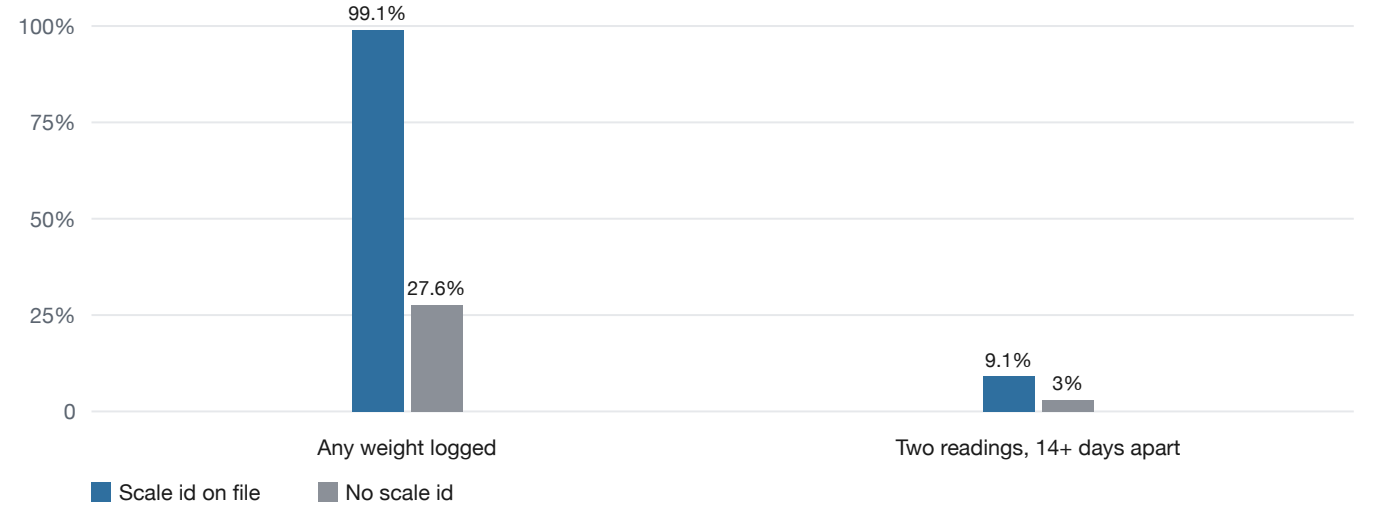
Percent of measured recent signups in each band. 32 with a scale id, 112 without. Horizontal axis is the change from first to last reading, divided by the first reading. Vertical axis is percent of measured accounts.



Source: diary_biometrics joined to users, 9 Aug–9 Oct 2026.

Who recorded a weight

The outcome table above is only people with two readings. Almost every new scale account has a weight on file. Vertical axis is the percent of accounts created in the window.



Source: users and diary_biometrics, 9 Aug–9 Oct 2026. 351 accounts with a scale id, 3,712 without. Any weight is 348 and 1,024. Two readings at least 14 days apart is 32 and 112.

Long-standing accounts, full two months

Accounts created before 9 Aug 2026, so the no-scale group has the full 9 Aug–9 Oct window rather than only the days since a recent signup. A scale still means a scale id is stored. 541 accounts with a scale id, 90,751 without. Change is last weight minus first, as a percent of starting weight, for two readings at least 14 days apart.

On that percentage, the scale group lost more. Their median loss was 0.83% of starting weight, against 0.56% with no scale id. That is a 49% larger median loss. The mean loss was 1.63% against 0.98%, which is 67% larger. Those figures come from 60 scale accounts and 378 with no scale.

The edge is in the size of the loss, on a full two-month window

47% of measured scale accounts lost at least 1% of body weight, against 45% with no scale id. The share who lost at least 3% is 27% against 21%, about 30% more of the measured scale group. Among accounts whose goal is to lose weight, the medians reverse: 0.96% lost with a scale id (53 accounts) and 1.14% without (301).

How long-standing accounts compare

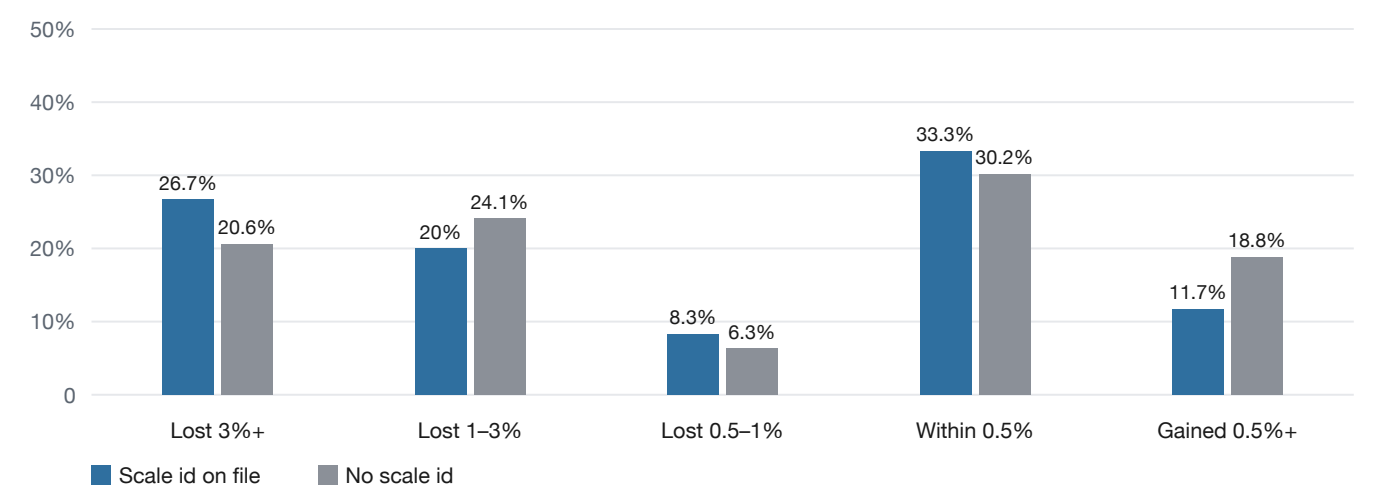
Accounts created before 9 Aug with two readings at least 14 days apart. “Larger loss” uses the absolute size of the percent change.

Outcome	Scale id	No scale id	Scale group vs no scale
Median loss, % of starting weight	0.83%	0.56%	49% larger loss
Mean loss, % of starting weight	1.63%	0.98%	67% larger loss
Lost at least 1% of body weight	46.7%	44.7%	2 percentage points more
Lost at least 3% of body weight	26.7%	20.6%	30% more of the group
Gained at least 0.5% of body weight	11.7%	18.8%	38% fewer gained

Source: diary_biometrics, 9 Aug–9 Oct 2026. Scale accounts started heavier (median 82 kg, against 74 kg). In kilograms the medians were –0.65 kg and –0.40 kg, a 63% larger median loss. The median loss per 30 days was 0.46 kg against 0.38 kg.

Long-standing change as a percent of starting weight

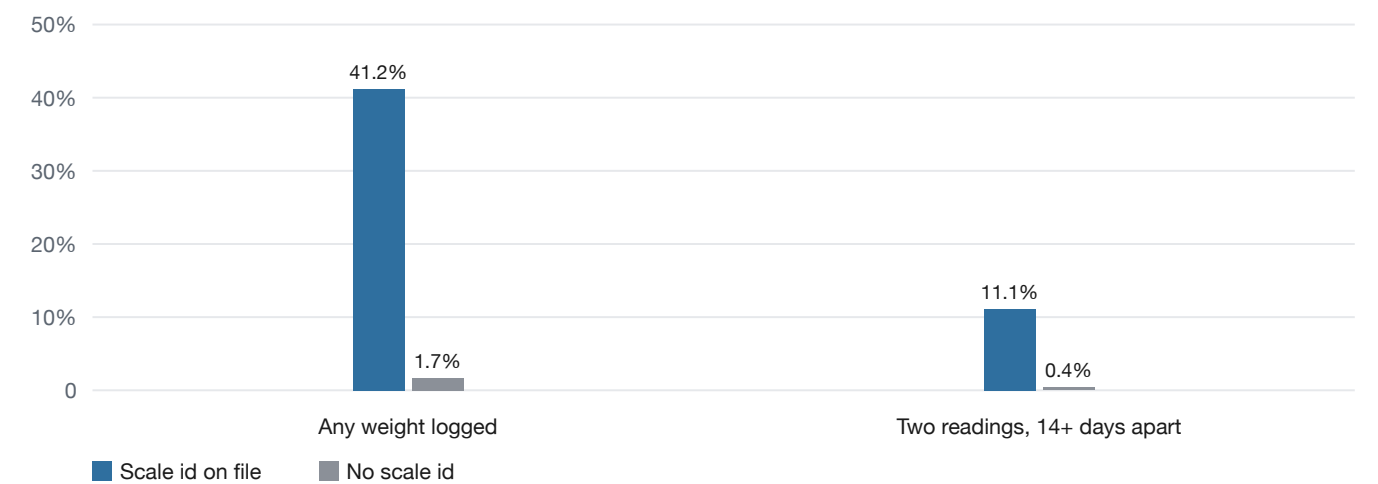
Percent of measured long-standing accounts in each band. 60 with a scale id, 378 without. Horizontal axis is the change from first to last reading, divided by the first reading. Vertical axis is percent of measured accounts.



Source: diary_biometrics joined to users, 9 Aug–9 Oct 2026.

Who recorded a weight among long-standing accounts

Vertical axis is the percent of accounts created before 9 Aug.



Source: users and diary_biometrics, 9 Aug–9 Oct 2026. Any weight is 41.2% of 541 scale accounts and 1.7% of 90,751 with no scale. Two readings at least 14 days apart is 60 and 378.

Are the weight differences statistically significant?

Two-sided tests on the same measured accounts as the tables above. A negative difference means the scale group lost more. Intervals are 95% bootstrap ranges. Median and mean p-values are permutation tests. Share p-values are Fisher’s exact test.

Every interval includes no difference

None of the weight comparisons reach a 5% significance level. The median gaps are a few tenths of a percentage point, while a typical person’s change spreads across about 4 percentage points. The rank test, which asks whether scale changes tend to be lower, gives $p = 0.82$ for recent signups and $p = 0.30$ for long-standing accounts.

Recent signups, 32 with a scale and 112 without

Comparison	Scale minus no scale	95% interval	p
Median change, % of starting weight	−0.32 pp	−1.47 to +2.26 pp	0.78
Mean change, % of starting weight	−0.17 pp	−1.41 to +1.04 pp	0.82
Lost at least 1% of body weight	−11 pp	−31 to +8 pp	0.30
Lost at least 3% of body weight	−3 pp	−21 to +17 pp	0.84
Gained at least 0.5% of body weight	−6 pp	−17 to +7 pp	0.57

20,000 permutations for the median and the mean. Bootstrap intervals use 20,000 resamples for those two rows and 10,000 for the shares.

Long-standing accounts, 60 with a scale and 378 without

Comparison	Scale minus no scale	95% interval	p
Median change, % of starting weight	−0.27 pp	−1.31 to +0.60 pp	0.61
Mean change, % of starting weight	−0.65 pp	−1.42 to +0.09 pp	0.16
Lost at least 1% of body weight	+2 pp	−12 to +16 pp	0.78
Lost at least 3% of body weight	+6 pp	−5 to +18 pp	0.31
Gained at least 0.5% of body weight	−7 pp	−16 to +3 pp	0.21

The mean loss is the closest result, and its interval still includes no difference. These are several looks at the same people, reported without a multiple-comparison adjustment.

How weight change was counted

Percent of starting weight is the kilogram change divided by the first reading. A 19% larger loss means 2.03 is 19% bigger than 1.70. A 49% larger loss means 0.83 is 49% bigger than 0.56. Kilogram values are used as stored. Pound values are converted at 0.4536 kg per pound. Same-day readings use the median. Readings outside 35–250 kg were dropped. One recent signup and five long-standing accounts were left out because a later reading jumped by more than 15 kg. Disabled users and staff roles are excluded. Account age uses `created_at`, or the timestamp in the user id when that field is missing. This describes recorded weight among people who weighed twice. It does not show that pairing a scale caused the change.