

More consistent tracking. Better recorded weight outcomes.

Scale-linked users showed stronger adherence to meal tracking over time, alongside greater median weight loss than app-only users.

2.1x

Weekly tracking rate

27.6% vs 12.9% logged in the final full study week.

2.4x

Tracking consistency

14.0% vs 5.9% of days logged among users who logged at all.

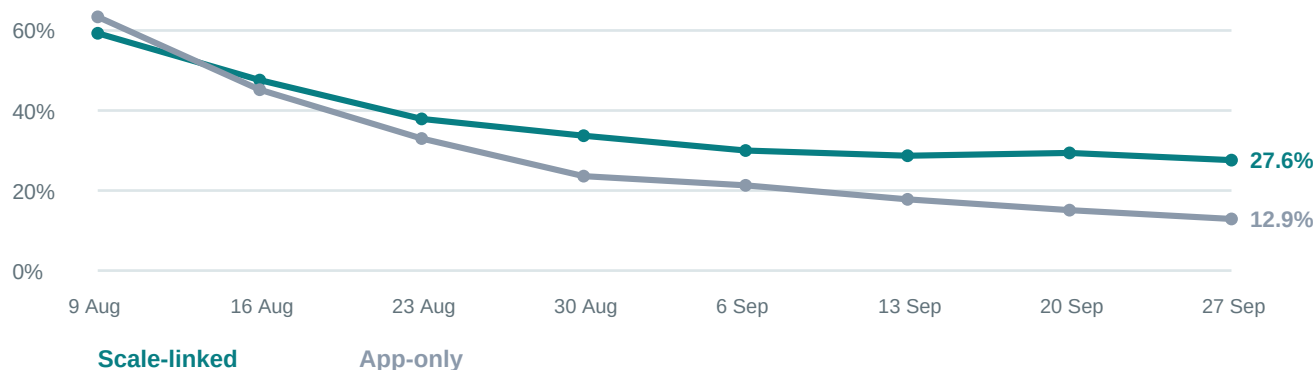
49%

Greater median loss

0.83% vs 0.56% of starting body weight lost.

The difference was in keeping up the habit

Starting was similar: 67.5% of scale-linked users and 66.0% of app-only users logged at least once. Over eight calendar weeks, the scale-linked group maintained a higher weekly tracking rate from the second week onward.



Weekly share logging a meal; week-start dates shown. Each denominator includes only accounts already signed up. This is a calendar-week measure of tracking adherence, not a fixed-duration retention rate.

Consistency is the clearest signal

Scale-linked users logged on a greater share of days and maintained stronger weekly engagement. The weight findings on the next page show encouraging outcomes alongside that pattern of adherence.

How tracking was measured. 351 scale-linked and 3,712 app-only accounts created 9 Aug - 9 Oct 2026. Final-week denominators: 326 and 3,434. Consistency is the median share of days since signup with a user-entered meal, among users logging at least once. Automatic repeats were excluded. Scale-linked means a scale ID was stored; app-only means no scale ID.

Weight loss, made visible

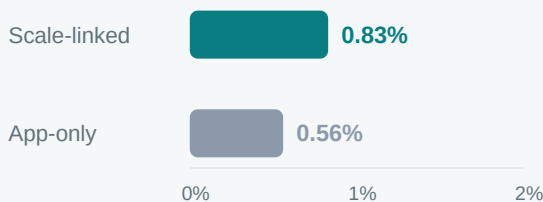
Scale-linked users recorded greater median and average weight loss, with more reaching 3% loss and fewer gaining weight.

Scale-linked n = 60

App-only n = 378

Median weight loss

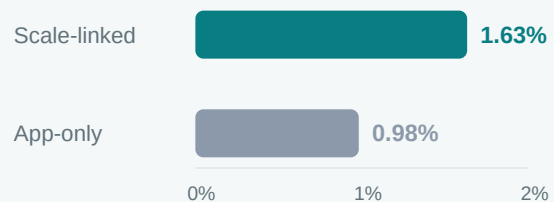
Percent of starting body weight



49% greater median loss

Average weight loss

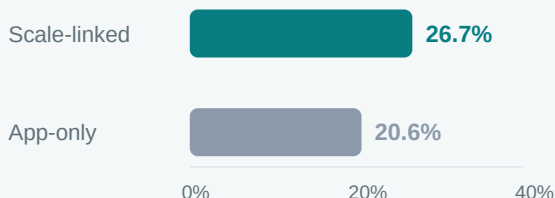
Percent of starting body weight



67% greater average loss

Lost at least 3%

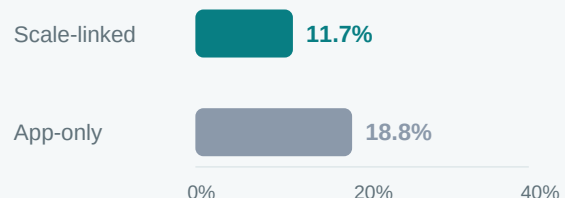
Share of measured users



6.1 percentage points more

Gained at least 0.5%

Share of measured users



7.1 percentage points fewer

Weight-loss values are positive magnitudes. Bars start at zero; matching panels use the same scale. Relative differences use the source report; 49% greater median loss is an absolute gap of 0.27 percentage points.

What the findings mean

Stronger tracking adherence and favorable weight outcomes support the potential of scale-linked use for weight management. These separate analyses do not establish that greater logging caused the weight loss.

Study context. Weight results cover accounts created before 9 Aug, giving both groups access to the full two-month window. Two readings at least 14 days apart were required. Groups were not randomized; scale-linked users started heavier and only a small, self-selected subset had qualifying readings. Statistical significance was not reported.

Results varied. In the subgroup with a stated weight-loss goal, median loss was 0.96% with a scale versus 1.14% without. Source: Nutrio, *Paired scale: meal logging and weight change*, 9 Aug - 9 Oct 2026, pp. 1-5. Reported aggregates; not independently verified.