

Losing weight but feel fatter?	Waist Measurement/ Appearance	Probability	If this is the case, check whether:	
Here's how to trouble shoot:	Increase/ Looks fatter	Gaining fat but losing muscle	Diet: <ul style="list-style-type: none"> <li><input type="checkbox"/> Still eating the same even though your workout intensity decrease</li> <li><input type="checkbox"/> Eating in a surplus</li> <li><input type="checkbox"/> Too much carbohydrates but less protein</li> </ul>	Training: <ul style="list-style-type: none"> <li><input type="checkbox"/> Did not train hard</li> <li><input type="checkbox"/> Skipping workout</li> </ul>
	No changes/ Looks the same	Lose muscle but not fat	Diet: <ul style="list-style-type: none"> <li><input type="checkbox"/> Lack of protein in their diet (less than 1.6g/kg of body weight)</li> <li><input type="checkbox"/> Poor diet quality</li> </ul>	Training: <ul style="list-style-type: none"> <li><input type="checkbox"/> Stop progressive overload</li> </ul>
	Decrease/ Looks smaller but softer (less muscle definition)	Lose both muscle and fat  <i>*Usually 1kg equals to 1cm waist size. If your waist size do decrease for a bit but it doesn't meet your rate of weight loss. It means you are losing mostly muscle at the same time</i>	Diet: <ul style="list-style-type: none"> <li><input type="checkbox"/> Eat in deficit</li> <li><input type="checkbox"/> Lack of protein</li> </ul>	Training: <ul style="list-style-type: none"> <li><input type="checkbox"/> Skipping workout or stop training a few body parts</li> <li><input type="checkbox"/> Unable to progressive overload (because lose strength)</li> </ul>