it is usual to check for the linearity of beer's law for a chromophore by measuring the absorbance of a series of standards. Unfortunately, cutting calories reduces metabolism, so your body eventually accommodates to lower caloric intake without reducing body fat. You switch from landscape to portrait (it will require a disconnect and reconnect, but jump will automatically... the vial was transparent so you could see how much you had left in the vial anyways. For most of us, there should be no issue with it.