

Taking Body Measurements for Progress

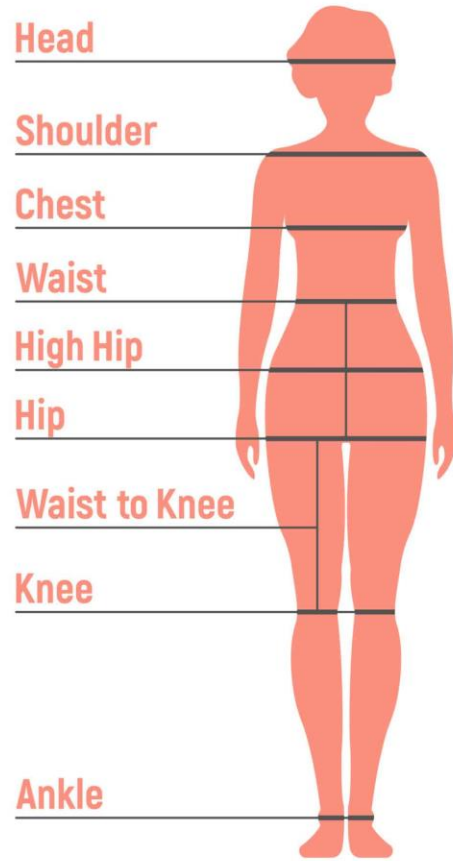
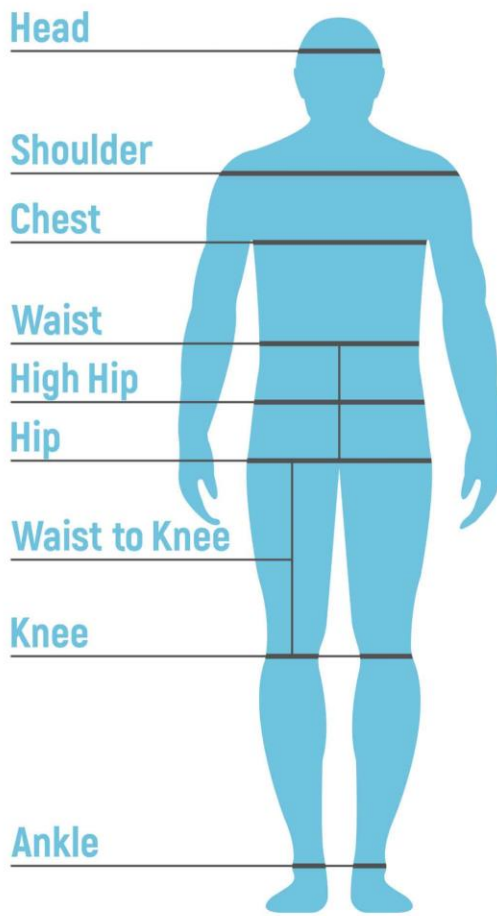
Before Taking Your Measurements:

- Wear fitted clothing or no clothing at all if you can.
- Stand with your feet together with your body relaxed for the measurements (unless specifically measuring a flexed muscle).
- To ensure accuracy take your measurements at least twice and take the average of both.
- Use a flexible, inelastic measuring tape.
- Take each round of measurements in the same state. A good way to do this is in the morning before eating or drinking anything. Taking your measurements under the same circumstances will give you the most accurate results.
- Take your measurements in the same area of your body each time. Try to find landmarks that are easy for you to find every time you measure.
- Sometimes having a partner do this with you can be helpful for measuring some areas of the body but this is not necessary.

How to Take Your Measurements:

For all measurements, pull the tape measure so that it sits on the surface of your skin, but doesn't compress the skin.

- **Stomach:** Stand with feet together and torso straight but relaxed. An easy landmark to use it to measure around where your belly button is.
- **Arms:** Stand straight up with your arm relaxed and find the midpoint between the shoulder bone and elbow of one arm.
- **Calves:** Measure halfway between the knee and the ankle.
- **Chest:** Stand with feet together and the torso straight and find the widest part around your bust.
- **High Hips:** This is the widest part of your glutes. It can help to stand in front of a mirror and face sideways. Make sure the tape is parallel to the floor.
- **Thighs:** Look for the midpoint between the lower part of the glutes and the back on the knee, or the widest part of the thigh.
- **Waist:** Find your natural waist or the narrowest part of the torso.



Please Note Not all of these listed are also listed as part of our recommendations, but if you would like to add them, you can!

Body Measurement Record Sheet:

Date: _____ Time: _____ Weight: _____

- **Stomach:** _____
- **Arms:** _____
- **Calves:** _____
- **Hips:** _____
- **Thighs:** _____
- **Waist:** _____

Date: _____ Time: _____ Weight: _____

- **Stomach:** _____ Change: _____
- **Arms:** _____ Change: _____
- **Calves:** _____ Change: _____
- **Hips:** _____ Change: _____
- **Thighs:** _____ Change: _____
- **Waist:** _____ Change: _____

Date: _____ Time: _____ Weight: _____

- **Stomach:** _____ Change: _____
- **Arms:** _____ Change: _____
- **Calves:** _____ Change: _____
- **Hips:** _____ Change: _____
- **Thighs:** _____ Change: _____
- **Waist:** _____ Change: _____

Date: _____ Time: _____ Weight: _____

- **Stomach:** _____ Change: _____
- **Arms:** _____ Change: _____
- **Calves:** _____ Change: _____
- **Hips:** _____ Change: _____
- **Thighs:** _____ Change: _____
- **Waist:** _____ Change: _____