

Name: _____

Date: _____

	G.S.	2 nd Week	+/-	4 th /5 th Week	+/-	Final	+/-	Total +/-
Date:								
Weight:								
Neck								
Right Arm								
Left Arm								
Upper Chest								
Chest								
Midriff								
Waist								
Hips								
Right Thigh								
Right Knee								
Right Calf								
Left Thigh								
Left Knee								
Left Calf								
UR-LR-BB-SB								
UR-LR-BB-SB								
UR-LR-BB-SB								
UR-LR-BB-SB								
Total Inches Lost								
Total Pounds Lost								
Initials								

Notes:

Neck - Standing, measure your neck at its largest girth, right over the Adam's apple.
 Arm – Armpit, then straight around
 Upper Chest – at under arm level
 Chest – At largest part
 Midriff – directly under the bust line
 Waist – Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage. If you can't find it, have the person bend to the side and note where the bend is.
 Hips - Measure at the largest girth, where the butt is protruding the greatest.
 Thigh – at largest part (top of the leg)
 Knee – 1 inch above the top of the knee cap
 Calf – at the largest part
 Other (ex. Roll 1) – For example, if the belly button (BB) is not at the waist, note the BB. If there is a significant roll above the belly button (upper roll/UR) and / or below the belly button (lower roll/LR), you should note the measurements as these will change drastically and neither the waist or hip measurement will indicate the degree that these rolls change.

Instructions

The tape should be pulled so that it lies flat all the way around. Your goal with body tape measurements is **consistency**. Take them the same every time to get an accurate view of progress with each body part.