

My Measurements Chart & Guide

| | Month 1 | Month 2 | Month 3 | Month 4 | Month 5 | Month 6 |
|---------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Date | | | | | | |
| Body weight | | | | | | |
| Dress size | | | | | | |
| | | | | | | |
| Measurements | Inches / cm | Inches / cm | Inches / cm | Inches / cm | Inches / cm | Inches / cm |
| Neck | | | | | | |
| Shoulders | | | | | | |
| Chest / bust | | | | | | |
| Left upper arm | | | | | | |
| Right upper arm | | | | | | |
| Waist | | | | | | |
| Tummy | | | | | | |
| Hips | | | | | | |
| Left upper thigh | | | | | | |
| Right upper thigh | | | | | | |
| Left upper knee | | | | | | |
| Right upper knee | | | | | | |
| Left ankle | | | | | | |
| Right ankle | | | | | | |
| | | | | | | |
| Total inch/cm lost | | | | | | |

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Do not let the measuring tape sag. Be certain that the measuring tape is parallel to the floor all the way around. In order to achieve this, have someone else measure you or stand in front of the mirror to ensure the tape is level. Also, do not pinch the measuring tape so tight to the point that the skin overlaps the tape – a little bit loose is better than too tight. All measurements from the waist down should be done with the legs together for consistent accuracy. You'll be amazed at the significant results you are achieving when you track body measurements!

Measure the following upper body areas:

Neck (middle point)

Shoulders (entire circumference of the body – shoulder to shoulder - 2" below the top of the shoulder)

Bust/Chest (under the arms - entire circumference of the fullest part of the bust line for women and chest for Men)

L upper arm (arm resting at your side)

R upper arm (arm resting at your side)

Stand with feet together to measure the following lower body areas:

Waist (2 inches above navel)

Tummy (2 inches below navel)

Hips (fullest part of the bum which may include the top of the thighs)

L upper thigh (2 inches below the groin)

R upper thigh (2 inches below the groin)

L upper knee (2 inches above the knee cap)

R upper knee (2 inches above the knee cap)

L ankle (At the narrowest part)

R ankle (At the narrowest part)

Take measurements at the start and end of each month and get the same person to do it each time for accuracy.