

# Taking Measurements!

CHART MEASUREMENTS & TAKE PICTURES



independent distributor

Date \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_ Day \_\_\_\_\_

**Before**

**After**

Neck \_\_\_\_\_

Upper Arm \_\_\_\_\_

Chest \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thigh \_\_\_\_\_

Calf \_\_\_\_\_

Total inches \_\_\_\_\_

Weight \_\_\_\_\_

Total inches lost \_\_\_\_\_

Total weight loss \_\_\_\_\_

Total inches \_\_\_\_\_

Weight \_\_\_\_\_

## TIPS

- The tape should be pulled to where it is lying flat against the skin all the way around.
- Your goal with body tape measurements is **CONSISTENCY**.
- Take measurements the same every time you take them and you will get an accurate view of your progress with each body part.
- The body image on the left has a list of suggested spots to regularly measure.
- Measure yourself on all the suggested spots on the morning of **DAY #1** that you start the program and record your findings.
- After completing the **8-Day** program, measure yourself again on the morning after you've completed the cycle, which would be **DAY #9**.

**NECK** - Standing, measure your neck at its largest girth, right over the Adam's apple.

**UPPER ARM** - Measure at its largest girth, can be taken relaxed with arms at side, relaxed with arm bent, flexed with arm bent or all three. Measure both left and right arms.

**CHEST** - Standing, measure with breath out just above the nipple.

**WAIST** - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the arrib cage.

**HIPS** - Measure at the largest girth, where the butt is protruding the greatest.

**THIGH** - Standing, measure at the largest girth, just below the butt. Measure left and right thighs.

**CALF** - Seated if you are measuring yourself or standing if you have a partner, measure at its largest girth. Measure both left and right calves.

MEASUREMENTS TELL ONLY HALF THE STORY.

MAKE SURE YOU TAKE PICTURES TOO!

Take front, side, and back views