

## Body Measurement Chart

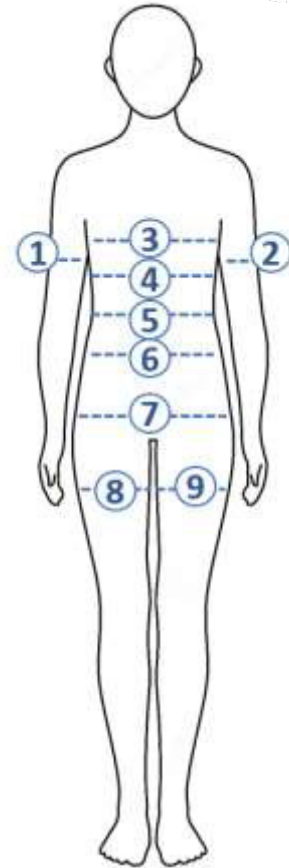
Using a Body Measurement Chart in combination with your “before & after” photos can assist in tracking your overall fat reduction progress. Your chart can also enable you to;



- ✓ Help you stay motivated towards your healthy lifestyle goals
- ✓ Provide additional insight into your overall fat reduction journey
- ✓ Quickly assess the areas of your body where you’ve lost, or gained weight
- ✓ Often more accurate than your scale

weight How to use this chart:

1. Choose your frequency we recommend measuring weekly if possible.
2. Wear light workout clothes, underwear or swimmers.
3. Using a flexible tape measure. This is easier if you have a friend to help you.
4. For accuracy take your measurements while muscles are relaxed (not tensed up) and try to measure the same place on your body each time.
5. Record your measurements and the date taken.



Note: see the next page for handy hints on recording your measurements

	Body Area	Date: __/__/__	Date: __/__/__	Date: __/__/__	Date: __/__/__
1	Left Arm				
2	Right Arm				
3	Chest				
4	Upper Abdomen				
5	Waist				
6	Lower Abdomen				
7	Hips				
8	Left Thigh				
9	Right Thigh				
Notes:					

## Other handy hints and useful ways to track body progress

- ✓ **General Measurements** - Ensure the measuring tape is comfortably tight and taut when using it.
- ✓ **Measurement Tools** - Measuring yourself can be hard. Consider purchasing a self-measuring body measuring tape like the one in this picture which will hold its shape around difficult to measure parts like upper arms. If you don't have a flexible tape measure or budget to purchase a self-measuring tape you can cut string to size around your body parts then measure that string against a ruler.
- ✓ **Accuracy of Measurements** – Consider purchasing a Body Fat Caliper for more accurate tracking of pinchable fat in problem areas. Using a Body Fat Caliper can be uncomfortable so may not be suitable for everyone.
- ✓ **Frequency** - Schedule your body measurement tracking in your calendar. This way you consistently measure with your preferred frequency such as daily, weekly, fortnightly or monthly.
- ✓ **Overall Journey** – Consider tracking your weight weekly as well for a holistic overall picture.
- ✓ **Be Consistent** - It is important to be consistent and measure in the same place on your body each time. Look for identifying marks on your skin to make this easier such as moles or freckles to help you find the same spot. It is also important to keep the same unit of measurement in cm or inches to ensure it is easy to review your results.
- ✓ **Photos** – Take photos in the same position. Standing up is considered more accurate way of assessing. Lying or sitting down can disperse fat/skin inconsistently when taking photos.



*Example of self-measuring body tape*



*Example of Body Fat Caliper tool in use to measure pinchable fat*



*Example of Before & After body position standing*

## Tips For Measuring Body Areas

- ✓ **Arm Measurement** – Align the measuring tape around the widest part of your upper arm from front to back and around to the start point.
- ✓ **Chest Measurement** - Align the measuring tape so that it intersects your nipples. Fully release the air from your lungs and take your measurement with empty lungs.
- ✓ **Waist Measurement** – Align the measuring tape with your belly button. Fully release the air from your lungs and take your measurement with empty lungs
- ✓ **Hips Measurement** – Align the measuring tape with the widest part of your hips. This is in a different spot for many people.
- ✓ **Upper or Lower Abdomen Measurement** – This is in a different spot for many people. Measuring this area is specifically useful if you have had a body contouring treatment to the upper or lower abdomen. Try to identify any skin marks like a mole for as consistent as possible measurements. Another handy trick is to measure how many finger widths above or below the belly button you are measuring. These areas are harder to measure than waist or hips as it not as easy to find the same spot.
- ✓ **Thigh Measurement** - Measure the circumference of the fullest part of your thigh. Wrap the tape measure around your thigh from front to back and then around to the front.