

# MEASUREMENTS

## Where To Measure

ARM: MEASURE YOUR RIGHT ARM AT THE "MIDPOINT" (MIDWAY BETWEEN SHOULDER BONE AND ELBOW)

CHEST: MEASURE AROUND NIPPLE LINE

WAIST: MEASURE YOUR WAIST AT YOUR BELLY BUTTON

HIPS: MEASURE YOUR HIPS AT THE WIDEST POINT

THIGH: MEASURE YOUR RIGHT THIGH AT THE "MIDPOINT"



	DATE	ARM	CHEST	WAIST	HIPS	THIGH
WEEK 1						
WEEK 6						
WEEK 12						

## WHY MEASURE?

Measurements provide feedback on what is changing beyond the number on the scale. Gaining muscle may cause increase in more 'favorable' places like your shoulders, arms, legs and butt. Losing weight will cause reduction in less 'favorable' places like your waist.