

Body Measurements **Made Easy**



- Use Cloth Tape, Measure Bare Skin
- Be Consistent
- Keep Tape Level
- Not Too Tight/Loose
- Record Pre- and Post-Challenge

Date: _____

Chest: _____

Place the tape measure at the fullest part of your bust and around, under your armpits and around your shoulder blades, to the starting point.

Arms: L____R____ L____R____

Place the tape measure at the widest part of your upper arm and around to the starting point.

Waist: _____

Relax your stomach and place the tape measure at your natural waistline, above your belly button and below your rib cage, and around your waist to the starting point.

Hips: _____

Place the tape measure at your hip, wrap the tape around the largest part of your butt and around the other hip to the starting point.

Thighs: L____R____ L____R____

Place the tape measure at the widest part of your thigh and around to the starting point.

