

## Fit & Lean in 2014

## 001: Measurement Log

Location of	Initial			
Measurement	(Month One):	Month Two:	Month Three:	Optional:
Chest:				
Under arms				
(arms at sides)				
		+/-	+/-	+/-
Waist:				
Smallest part				
		+/-	+/-	+/-
<b>Abdomen:</b> 2 fingers before navel				
		+/-	+/-	+/-
Hips:				
Feet together,				
Widest part				
		+/-	+/-	+/-
<b>Right Thigh:</b> Directly under glute line				
		+/-	+/-	+/-
Weight (lbs):				
		+/-	+/-	+/-
Total Inches +/-				
Total Weight +/-				

©2013 Employee Wellness Solutions Network – Fit & Lean in 2014 – All Rights Reserved.



## 001: Measurement Log

NAME:

\_\_\_\_\_

AGE:

HEIGHT: \_\_\_\_\_

Location of Measurement	Date:	Date:	Date:	Date:
<b>Chest:</b> Under arms (arms at sides)				
	+/-	+/-	+/-	+/-
<b>Waist:</b> Smallest part				
	+/-	+/-	+/-	+/-
<b>Abdomen:</b> 2 fingers before navel				
	+/-	+/-	+/-	+/-
Hips: Feet together, Widest part				
	+/-	+/-	+/-	+/-
<b>Right Thigh:</b> Directly under glute line				
	+/-	+/-	+/-	+/-
Weight (lbs):				
	+/-	+/-	+/-	+/-
Total Inches +/-				
Total Weight +/-				

©2013 Employee Wellness Solutions Network – Fit & Lean in 2014 – All Rights Reserved.

