

How to Take Body Measurements

Body measurements can be a useful way to track your progress.

Not sure how to measure yourself properly? Follow these tips to be able to track your progress by inches lost.

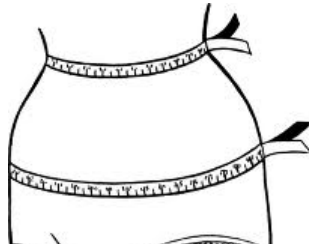
NOTE: You may need the assistance of a family member or friend to help with certain measurements. And remember, the tape should always be snug but not too tight.



Chest/Bust: Stand up naturally with hands down at your side. Put the tape measure around the fullest part of the chest and over the shoulder blades.

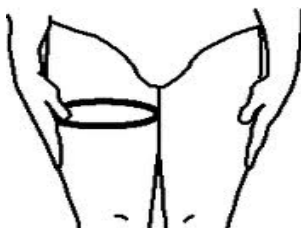


Upper Arm: Measure around the largest part of each arm, above the elbow.



Waist: Place the measuring tape about a ½ inch above your belly button (at the narrowest part of your waist) to measure around your torso. When measuring your waist, exhale and measure before inhaling again.

Hips: Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.



Thigh: Measure around the largest part of each thigh.

Other Tips for Measuring:

- When taking measurements, stand tall with your muscles relaxed and your feet together.
- When measuring, apply constant pressure to the tape (so it doesn't sag) without pinching the skin.
- Use a flexible measuring tape, such as plastic or cloth.
- Measure under the same conditions each time, such as wearing the same clothes (or none at all).
- Measure yourself in front of a mirror to make sure the tape is positioned correctly.
- Taking measurements will vary slightly from person to person. To ensure accuracy, just remember to take them in the same place on your body each time.