

Track Your Progress

The tape should be pulled to where it is lying flat against the skin all the way around. The goal with body tape measurements is consistency. Take them the same every time you take them and you will get an accurate view of your progress with each body part.

Below and pictured to the right is a list of suggested sites to regularly measure.

Neck - Standing, measure your neck at its largest girth, right over the Adam's apple.

Shoulder - Standing, can either be measured as a straight line from the largest points on each shoulder across the chest or as a girth measurement all the way around the body.

Bicep - Measure at its largest girth, can be taken relaxed with arms at side, relaxed with arm bent, flexed with arm bent or all three.

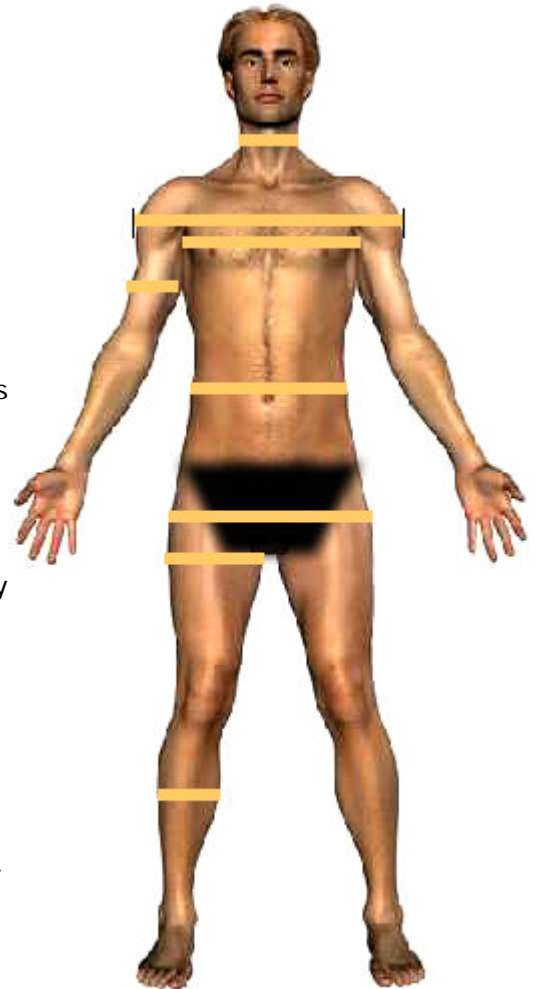
Chest - Standing, measure with breath out just above the nipple.

Waist - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage.

Hips - Measure at the largest girth, where the butt is protruding the greatest.

Thigh - Standing, measure at the largest girth, just below the butt.

Calf - Seated if you are measuring yourself or standing if you have a partner, measure at its largest girth.



Date			
Neck			
Shoulder			
Bicep			
Chest			
Waist			
Hips			
Thigh			
Calf			
Weight			
BMI **			

** BMI - Underweight below 18; Normal 18 – 24; Overweight 25 – 29; Obese 30 – 39; Extreme Obesity 40 - 54