

Body Measurement Chart

Name _____ Start date _____ Unit (in or cm) _____

Measurement	Start	Week 4	Week 8	Week 12	Goal
Date					
Weight					
Neck					
Shoulders					
Chest (nipple line)					
Upper arm (left)					
Upper arm (right)					
Natural waist					
Waist at navel					
Hips (widest)					
Thigh (left)					
Thigh (right)					
Calf (left)					
Calf (right)					
Body fat % (optional)					
Photos taken (Y/N)					
Clothes fit note					
Notes					

Same tape, same time of day, same spots. Tape snug, level and on bare skin. Measure twice and average.