

Measurment Chart

	Weight	Chest	Arm	Waist	Hips	Thigh	Calf	Total inches	Total +/-
Date									
Date									
Date									
Date									
Date									
Date									
Date									
Date									

Measurement Directions

CHEST: Place the measuring tape across your nipple line and measure around the largest part of your chest. Be sure to keep the tape parallel to the floor

ARM: Measure around the largest part of each arm half way between the shoulder and elbow

WAIST: Place the measuring tape about a 1/2 inch above your bellybutton (at the narrowest part of your waist) to measure around your torso. When measuring your waist, exhale and measure before inhaling again.

HIP: 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.

CALF: Measure around the largest part of each calf.