

Measurement Chart: Name _____ Age _____ Ht _____

Record Measurements in inches.

	Week 1	Week 2	Week 3	Week 4	Change	Notes / Comments
Weight						
Neck						
Shoulders						
Right Bicep						
Left Bicep						
Upper Chest (underneath armpits)						
Chest (fullest part of chest or bust)						
Beneath Ribcage						
Waist at Belly Button						
Waist 2" below Belly Button						
Hips (fullest part of hips)						

Right Thigh						
Above Right Knee						
Right Calf						
Left Thigh						
Above Left Knee						
Left Calf						