



BODY MEASUREMENT CHART

Before you begin to record your measurements, be sure to match the number on the chart to the identified region on the diagram. Be sure to always record these measurements at the same time of day (preferably in the morning).

MEASUREMENT	Week 1	Week 3	Week 5	Week 7	Week 9	Week 11	Final
Date							
(1) Upper Arm L							
(2) Upper Arm R							
(3) Nipple line							
(4) Rib Cage							
(5) Belly Button							
(6) Buttocks							
(7) Upper Thigh L							
(8) Upper Thigh R							
(9) Calf L							
(10) Calf R							
Total # of Inches							
Total Inches Lost							