

HOW TO: Take Your Measurements

When you're ready to start measuring your body, for the best results make sure that you're wearing nothing but a swimsuit or bra and underwear. Place your feet flat on the ground while keeping your body relaxed and your eyes facing forward. Pull the measuring tape snugly but not tightly, and measure your different body parts at the following locations:

Neck – Around your Adam's apple (the hard spot in the front of your neck).

High Bust – Directly underneath your armpits, above your breasts.

Bust – Fullest part of your bustline.

Waist – Smallest part of your torso.

Belly – Directly over your bellybutton.

Upper Arm – Widest part of your upper arm.

Forearm – Widest part of your forearm.

Wrist – Directly on the wristbone.

Hips – Widest part of your hips.

Upper Thigh – Widest part of your thigh.

Calf – Widest part of your calf.

Ankle – Directly over the anklebone.

NOTE: If you have a friend or a family member that you trust, ask them to measure you for more accurate results. Record your progress on this chart!

Measurements Chart

| | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 |
|-------------|--------|--------|--------|--------|--------|--------|
| NECK | | | | | | |
| HIGH BUST | | | | | | |
| BUST | | | | | | |
| WAIST | | | | | | |
| BELLY | | | | | | |
| UPPER ARM | | | | | | |
| FOREARM | | | | | | |
| WRIST | | | | | | |
| HIPS | | | | | | |
| UPPER THIGH | | | | | | |
| CALF | | | | | | |
| ANKLE | | | | | | |