

# REV™ PROGRAM

## Tracking Your Progress in Inches



<b>DATE:</b>																				
<b>WEIGHT:</b>																				
<b>FOREHEAD</b>																				
<b>NECK</b>																				
<b>RIGHT ARM</b>																				
<b>LEFT ARM</b>																				
<b>UPPER CHEST</b>																				
<b>CHEST</b>																				
<b>MIDRIFF</b>																				
<b>WAIST</b>																				
<b>HIPS</b>																				
<b>RIGHT THIGH</b>																				
<b>RIGHT KNEE</b>																				
<b>RIGHT CALF</b>																				
<b>LEFT THIGH</b>																				
<b>LEFT KNEE</b>																				
<b>LEFT CALF</b>																				
<b>OTHER (UR LR BB)</b>																				
<b>OTHER</b>																				
<b>OTHER</b>																				
<b>OTHER</b>																				
<b>OTHER</b>																				
<b>TOTAL INCHES LOST:</b>																				

### NOTES:

**Forehead** - Measure just above the brow

**Neck** - Standing, measure your neck at its largest girth, right over the Adam's apple

**Arm** - Armpit, then straight around

**Upper Chest** - At under arm level

**Chest** - At largest part

**Midriff** - Directly under the bust line

**Waist** - Standing, measure at the narrowest point or at the midway point between the top of the hipline and bottom of the rib cage. If you can't find it, bend to the side and note where the bend is.

**Hips** - Measure at the largest girth, where the butt is protruding the greatest.

**Thigh** - At largest part (top of the leg)

**Knee** - 1" above the top of the kneecap

**Calf** - At largest part

**Other** - (ex. Roll 1) For example, if the belly button (BB) is not at the waist, note the BB. If there is a significant roll above the belly button (upper roll / UR) and/or below the belly button (lower roll / LR), you should note the measurements as these will change drastically and neither the waist nor hip measurement will indicate the degree that these rolls change.

### OTHER INSTRUCTIONS:

The tape should be pulled to where it is lying flat against the skin all the way around. Your goal with body tape measurements is consistency. Take measurements the same every time. This will give you an accurate view of your progress with each body part.