BETTER HEALTH CHALLENGE

WELLNESS 90

Track Your Progress in Inches

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

NOTES

How to Measure - 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.

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.

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