

Record your Measurements and Take your Pictures!

Take photos! If one of your goals is weight loss, please take pictures.

You don't have to share your photos if you don't want. Those that have skipped this always say they WISH they would have taken a before photo of themselves! Take a front, and side view.

Date: (Day 1)_____

Date: (Day 30)_____

Weight: _____

Weight: _____

Circumference Measurements

Circumference Measurements

([See below for instructions](#)):

([See below for instructions](#)):

Waist: _____

Waist: _____

Hips: _____

Hips: _____

Arm: _____

Arm: _____

Thigh: _____

Thigh: _____

Chest: _____

Chest: _____

How to Measure

Waist - Measure your waist without holding the tape too tightly (or too loosely). As a rough guide, your waist is the narrowest part of your trunk, or approximately 1 inch above your belly button.

Hips - Measure the hips around the fullest part of your buttocks with your heels together.

Arm (measure your dominate side only) - Measure the circumference of your arm halfway from your shoulder to your elbow.

Thigh (measure your dominate side only) - Measure the circumference of your leg halfway from your hip bone to your knee cap.

Upper Chest - Measure the circumference under your armpits. It is helpful to have someone do this for you so you can have both hands down by your side.