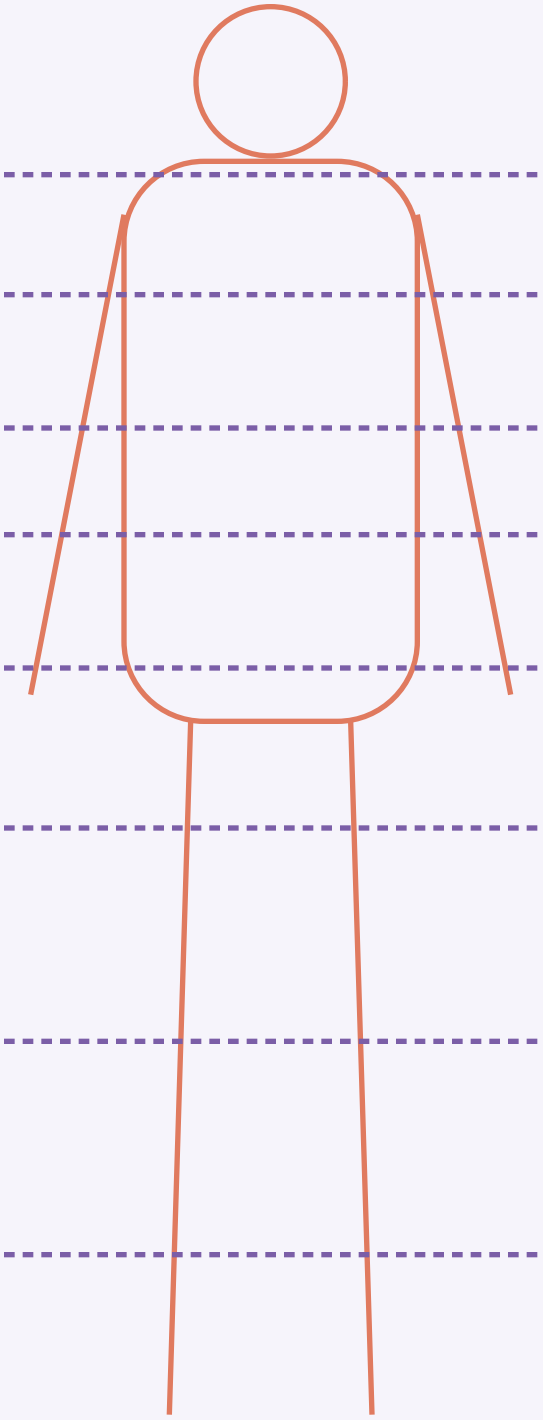
How to Measure

Same time of day, relaxed, tape snug but not tight



Neck

around the narrowest point

Shoulders

widest point, arms relaxed

Chest/Bust

fullest part, under arms

Upper arm

midway shoulder–elbow

Waist

narrowest point, above navel

Belly

across the navel

Hips

widest part of the seat

Thigh

widest part, upper leg

Calf

widest part, lower leg

Monthly Measurements · Months 1–6

Record in inches or cm — circle one: in / cm

PART	M1	M2	M3	M4	M5	M6
Date						
Weight						
Neck						
Shoulders						
Chest						
Upper arm						
Waist						
Belly						
Hips						
Thigh						
Calf						
Total						

Monthly Measurements · Months 7–12

Record in inches or cm — circle one: in / cm

PART	M7	M8	M9	M10	M11	M12
Date						
Weight						
Neck						
Shoulders						
Chest						
Upper arm						
Waist						
Belly						
Hips						
Thigh						
Calf						
Total						

Progress Photos

Front · Side · Back — same spot, same light

FRONT · date ____

SIDE · date ____

BACK · date ____

FRONT · date ____

SIDE · date ____

BACK · date ____

Progress Photos · Part 2

Front · Side · Back — same spot, same light

FRONT · date ____

SIDE · date ____

BACK · date ____

FRONT · date ____

SIDE · date ____

BACK · date ____

Inches Lost Summary

Start vs now — celebrate every centimetre

BODY PART	START	3 MONTHS	6 MONTHS	12 MONTHS	CHANGE

Non-scale victories

Clothes that fit better