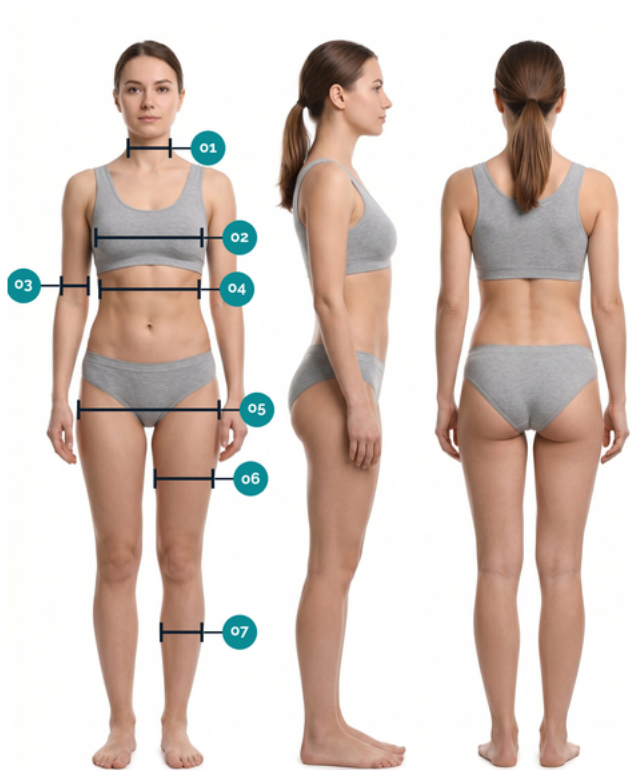


Where to take your measurements

Seven body sites – taken weekly, same time, same conditions.



Protocol

- 01 Neck**
Just below the larynx. Tape parallel to the floor. Look straight ahead.
- 02 Chest**
At the nipple line (men) or fullest bust (women). Arms relaxed at sides.
- 03 Arm**
Mid-biceps, halfway between shoulder and elbow. Arm relaxed, not flexed.
- 04 Waist**
Narrowest point of the abdomen, ~1 in above the navel. Exhale gently.
- 05 Hips**
Around the widest point of the glutes. Feet together, weight even.
- 06 Leg**
Mid-thigh, halfway between hip crease and top of kneecap. Stand relaxed.
- 07 Calf**
Widest point of the calf. Stand with weight evenly on both feet.

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