

Body Measurement Chart

Name _____

Date:											
Weight:											
Neck											
Right Arm											
Left Arm											
Upper Chest											
Chest											
Midriff											
Waist											
Hips											
Right Thigh											
Right Knee											
Right Calf											
Left Thigh											
Left Knee											
Left Calf											
Total Inches Lost											

To measure:

Neck – Standing, measure your neck at its largest point, right over the Adam’s apple

Arm – Armpit, then straight around

Upper Chest – at under arm level

Chest – at largest point

Midriff – directly under the bust line

Waist – standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage. If you can’t find it, bend to the side to find this point

Hips – measure at the largest point, where your bottom is the biggest

Thigh – four inches above your knee cap

Knee – one inch above your knee cap

Calf – four inches below your knee cap

Helpful hints:

- The measuring tape should be flat on the skin.
- The goal of body measurement is consistency.
- Take your measurements around the same time of day.