

MONTHLY MEASUREMENT TRACKER

DATE:	Starting Date:	Week 1 Done:		Week 2 Done:		Week 3 Done:		Week 4 Done:		
WEIGHT: Fat % Muscle % Water Bone <i>(if your scale shows this, like mine does)</i>										
BUST: Fullest part of bust										
PECS: Just above the bust line										
RIBS: Top of rib cage just below the bust line										
WAIST: At or slightly above the belly button										
ABDOMEN: 3" below the navel in line with hip bones										
HIPS: Tighten buns & measure fullest part of butt										
UPPER THIGHS: Just below butt cheeks	L	R	L	R	L	R	L	R	L	R
LOWER THIGHS: 2" above knee cap	L	R	L	R	L	R	L	R	L	R
CALVES: At fullest point	L	R	L	R	L	R	L	R	L	R
UPPER ARMS: Middle of the upper arm at bicep	L	R	L	R	L	R	L	R	L	R