

Measure Success in a New Way

Using other ways to measure weight loss progress is important for maintaining motivation and help you realize that you *are* making changes, no matter what the scale says. This is particularly true for folks who are looking to lose only a small amount of weight. Remember that your body loses weight based on your gender, age, genetics, and other factors beyond your control.

Taking Your Body Measurements:

Why:

This is a great option for tracking progress because it doesn't require any fancy equipment and anyone can do it.

- Taking measurements of certain areas can give you an idea of where you're losing fat, which is important since we all lose fat in different areas and in a different order.
- Taking your measurements can help reassure you that things are happening—even if you're not losing fat exactly where you want just yet.

How:

Step 1 - Start by wearing tight-fitting clothing (or no clothing) and make a note of what you're wearing so you know to wear the same clothes the next time you measure. Here's how to do it:

Step 2 - Measure the following:

- **Bust:** Measure around the chest right at the nipple line, but don't pull the tape too tight.
- **Calves:** Measure around the largest part of each calf.
- **Chest:** Measure just under your bust; around the fullest part of the chest.
- **Forearm:** Measure around the largest part of the arm below the elbow.
- **Hips:** Place the tape measure around the biggest / fullest part of your hips; Measure the hips around the fullest part of your buttocks with your heels together.
- **Thighs:** Measure around the biggest part of each thigh; Measure the upper thighs, just below where the buttocks merge into the back thigh.

- **Upper arm:** Measure around the largest part of each arm above the elbow.
- **Waist:** Measure a half-inch above your belly button or at the smallest part of 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.

Step 3 - Make a Progress chart or use the one below to record your measurements

Step 4 - Take you measurements again once a week or once a month depending on your goals and your plan.

Body Measurement Tracker						
	Date	Date	Date	Date	Date	Goal
Weight						
Bust						
Calves						
Chest						
Forearm						
Hips						
Thighs						
Upper Arm						
Waist						