

HLP BODY MEASUREMENTS SHEET -- refer to my *How-To* video on YouTube: <http://www.youtube.com/user/KarenMcCoy2688>

Creating a Healthier, Toned, Happier YOU!

OK. Here's the part we're not always excited about, but it's truly necessary to measure our body parts, or how will we know how well we're doing? You CAN do this! Be brave, and grab that tape measure and let's get on with it! Print off as many of these as you need.

Date (insert) →	Start of HLP ()	End of WEEK 3 ()	End of WEEK 6 ()	End of WEEK 9 ()	End of WEEK 12 ()	Difference? (Success column!)
Chest						
Waist: Belly Button						
True waist						
Hips						
Mid-thigh						
Bicep						
Body Weight						
Body Fat % (if available)						

To record your own measurements: Let's keep it simple. All you need is a **tape measure**...

Chest: Have someone stand behind you, raise your arms, bring the tape across your nipple line, drop your arms and measure.

Waist: There are 2 important spots to take this measurement: We all lose weight differently, and it's important we do it 2 ways.

Belly Button: Just as it says, lay the tape across your belly button (don't suck in!) and pull taut.

True waist: 'Shimmy' the tape to the narrowest part of the waist, and measure at this point.

Hips: Measure lower down, across the widest part of the buttocks and in front along the public line.

Mid-thigh: Let your arms hang by your side and use the point where the end of your thumb touches your thigh. Measure at this circumference.

Bicep: Flex your arm and measure at the widest part!

You're done! Print off, fill it in, and save it for your records. **See how it's done on YouTube-** <http://www.youtube.com/user/KarenMcCoy2688>