



MEASUREMENTS

DATE: _____ DAY OF CYCLE (IF APPLICABLE) _____

*Take measurements and weight first thing in the morning only.

CHEST: Men- largest girth of chest
Women- Armpit level

ARM: R: L: Upper arm halfway between olecranon and acromion process

FOREARM: R: L: Largest girth of forearm

WAIST: Smallest part of waist or naval level

HIPS: Largest girth of hips

THIGHS: R: L: Just below buttocks

CALF: R: L: Largest girth of calf

WEIGHT:

Men- Take these measurements once a month, first thing in the morning, on the same date each month. Ladies- These measurements should be taken on the same day of your cycle each month.

WAIST TO HIP RATIO: (ANDROID VS. GYNOID DISTRIBUTION)

WAIST at navel level (while standing relaxed):

Significant health risk:

HIPS over buttocks (at largest girth):

Males >0.95

Waist measurement % hip measurement:

Females >0.80