**Measurement Tracking**

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| **Starting/ Weigh In – Day 1** |
| Weight: | Body Fat: |
| Chest (expanded): | Pull Ups: |
| Waist: | Push Ups/min: |
| Hips: | Sit Ups/min: |
| Right Thigh: |
| Left Thigh: |
| Right Bicep: |
| Left Bicep: |
| Left Calf: |
| Right Calf: |

|  |  |  |
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| **Day 30** | **Day 60**  | **Day 90**  |
| Weight: | Weight: | Weight: |
| Chest: | Chest: | Chest: |
| Waist: | Waist: | Waist: |
| Hips: | Hips: | Hips: |
| Right Thigh: | Right Thigh: | Right Thigh: |
| Left Thigh: | Left Thigh: | Left Thigh: |
| Right Bicep: | Right Bicep: | Right Bicep: |
| Left Bicep: | Left Bicep: | Left Bicep: |
| Left Calf: | Left Calf: | Left Calf: |
| Right Calf: | Right Calf: | Right Calf: |
| Body Fat: | Body Fat: | Body Fat: |
| Pull Ups: | Pull Ups: | Pull Ups: |
| Push Ups/min: | Push Ups/min: | Push Ups/min: |
| Sit Ups/min: | Sit Ups/min: | Sit Ups/min: |

**Tips On How To Take Your Measurements**

**Bicep** Measure at its largest girth, taken flexed.

**Chest** Standing, measurement taken around then nipples with chest expanded.

**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.

**Hips** Measure at the largest girth, where the butt is protruding the greatest.

**Thigh** Standing, measure at the largest girth, just below the butt.

**Calf** Seated if you are measuring yourself or standing if you have a partner, measure at its largest girth.