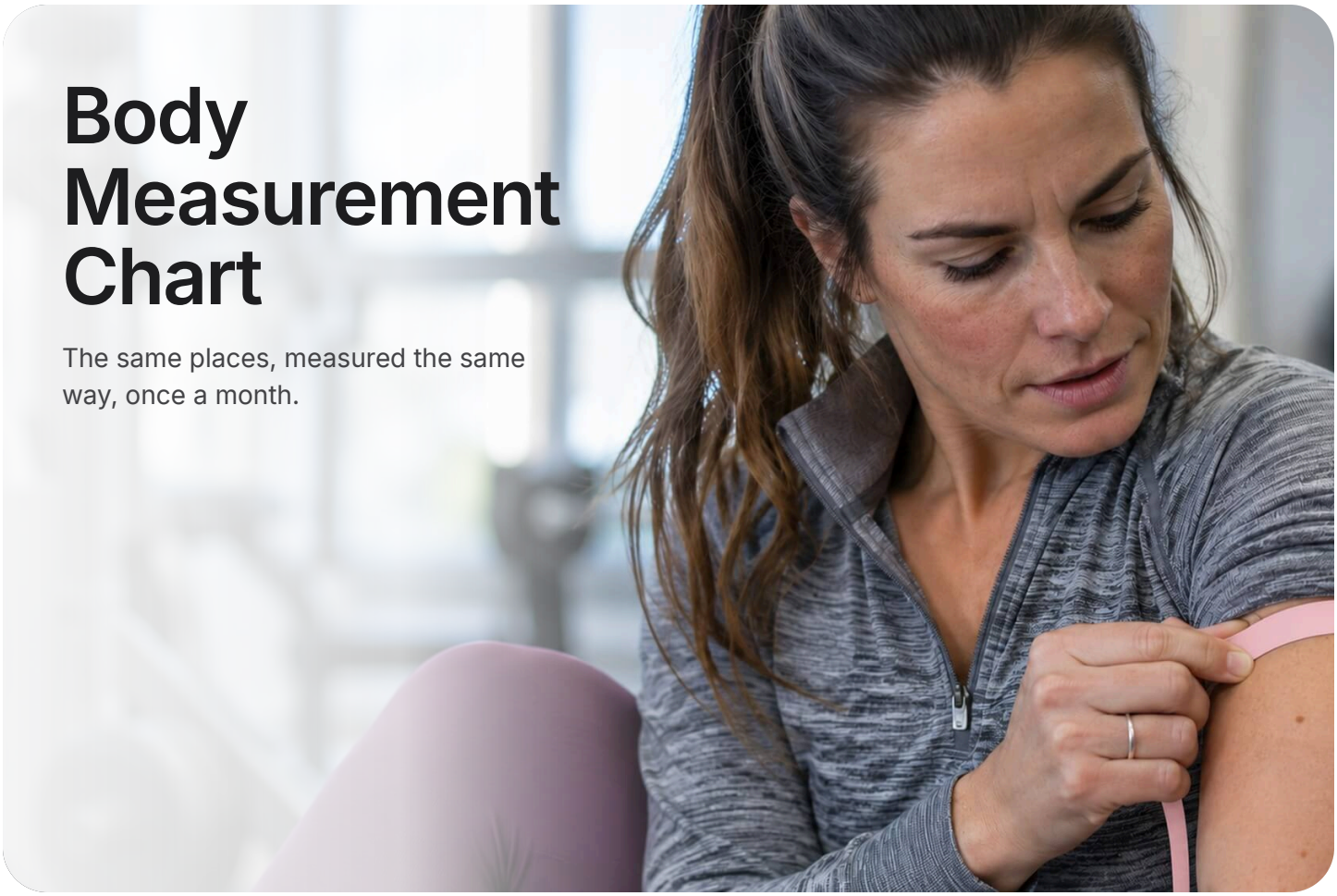
Body Measurement Chart

The same places, measured the same way, once a month.



WHY IT HELPS

A scale gives one number for the whole body. A tape shows where change happens, such as a smaller waist while your weight holds still, or swelling in one leg. Measured the same way each time, the numbers can be compared month to month.

HOW TO USE IT

Measure	Use the guide and the same landmarks each time.
Log	Write each reading in this month's column.
Compare	Look at change since the start, not day to day.

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Pick one landmark for each site and never switch. A new spot changes the number more than real change does.

NAME
Megan, 34

UNITS, INCHES OR CM
Inches

TAPE AND LANDMARK NOTES
Same tape, waist midway rib to hip

1 Measurements

One column per date, measured the same way each time

SITE	JAN 6	FEB 3	MAR 3	MAR 31	CHANGE SINCE START
Waist	33	32.5	32	31.5	-1.5
Hips	40	40	39.5	39.5	-0.5
Chest	36	36	35.75	36	0
Upper arm (right)	11	11.25	11.5	11.5	+0.5
Thigh (right)	23	23	22.75	22.5	-0.5
Calf (right)	14.5	14.5	14.5	14.75	+0.25

2 Time of day

Measure at the same time, ideally before breakfast

Time of day	7 am	7 am	8 pm	7 am

3 Notes

Weight, cycle day, swelling, new medicine, anything unusual

Mar 3 taken in the evening after dinner, less reliable.

Strength training twice a week since January.

Weight 162, 161, 161, 160.

1 Before you start

- Use a flexible tape that keeps its length.
- Keep the tape level and snug, not digging in.
- Same day, same time, ideally before breakfast.
- Measure on bare skin or one thin layer.
- Take the waist reading after you breathe out normally.
- Measure twice. If the two readings differ, measure a third time.

2 Where to place the tape

Waist	Midway between the bottom of the last rib you can feel and the upper edge of the hip bone, at your side.
Hips	Over the fullest part of the seat, with feet together.
Chest	Under the arms, across the fullest part, level across the back.
Upper arm	At the midpoint from shoulder tip to elbow, arm loose at your side.
Thigh	Around the widest part, weight on both feet, always the same leg.
Calf	Around the widest part, standing, same leg as the thigh.

3 My sites and tape position

Write your landmark so every reading matches

SITE	WHERE I PLACE THE TAPE	LEFT OR RIGHT

NAME

UNITS, INCHES OR CM

TAPE AND LANDMARK NOTES

1 Measurements

One column per date, measured the same way each time

SITE	DATE	DATE	DATE	DATE	DATE	DATE	CHANGE SINCE START
Waist							
Hips							
Chest							
Upper arm							
Thigh							
Calf							

2 Time of day

Measure at the same time, ideally before breakfast

Time of day

3 Notes

Weight, cycle day, swelling, new medicine, anything unusual

1 Change since the first entry

Small changes can be measuring noise

SITE	FIRST	LATEST	CHANGE	MOVED OR HELD
Waist				
Hips				
Chest				
Upper arm				
Thigh				
Calf				

2 What I was doing

Exercise, food, medicines, sleep, illness

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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