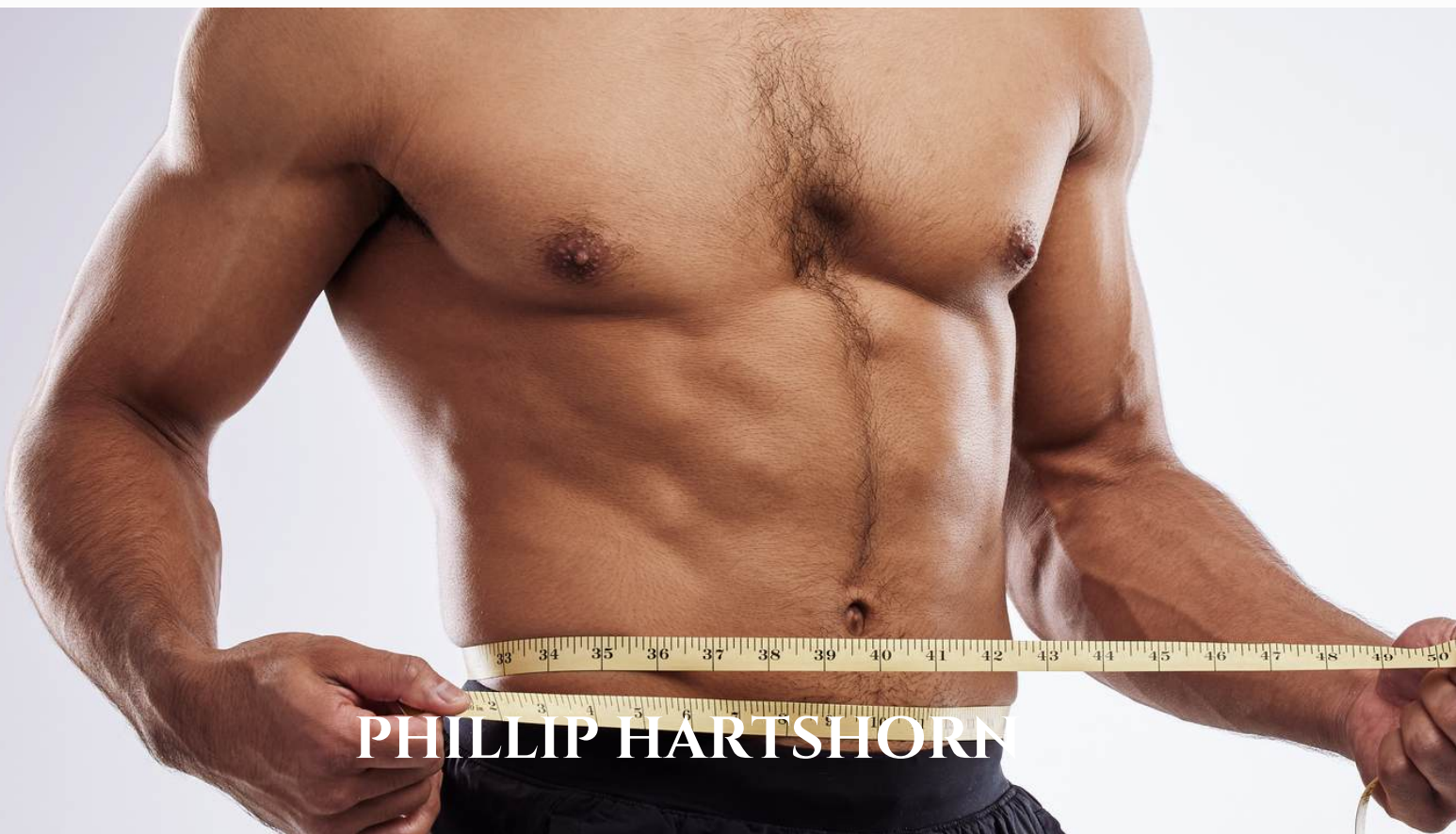




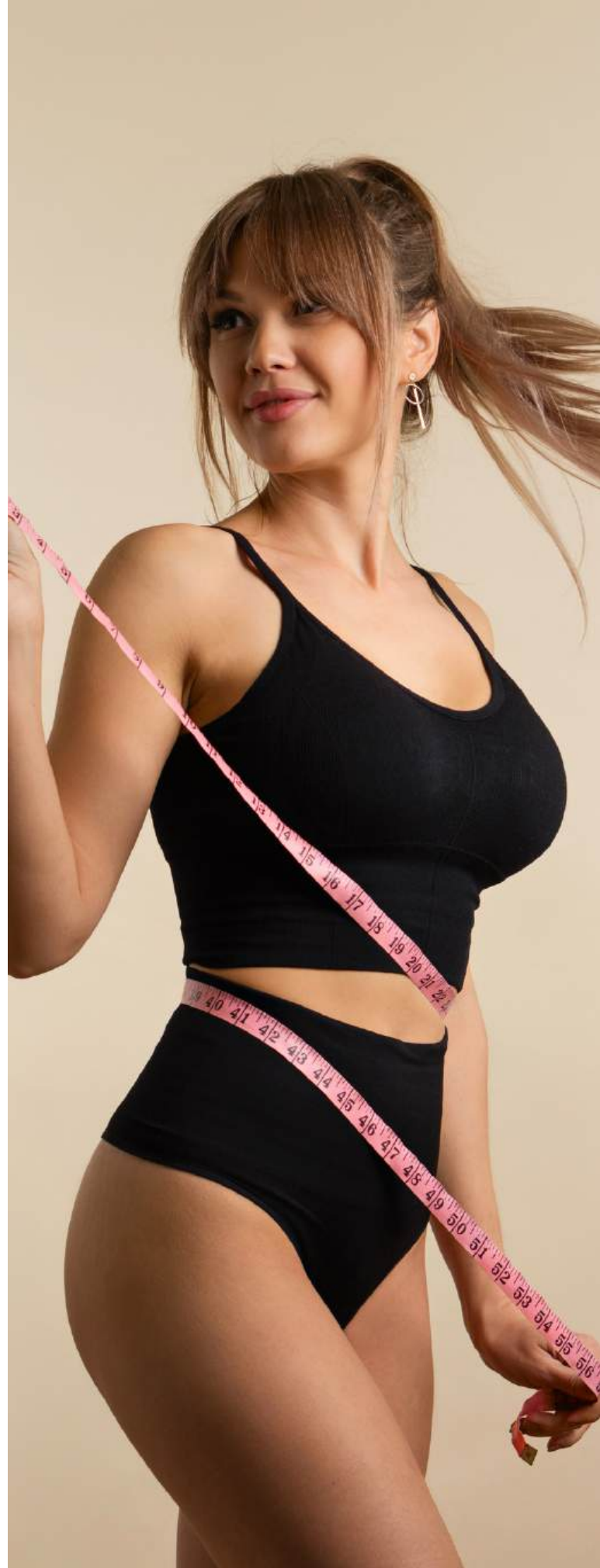
HOW TO TAKE YOUR MEASUREMENTS



PHILLIP HARTSHORN

How To Take Your Measurements

- Always use a cloth measuring tape, not a metal one. It is more accurate and easier to use.
- Take your measurements in the nude (or in tight fitted clothing) first thing in the morning, before you have eaten.
- Stand tall. Stay relaxed without tensing, flexing or 'sucking in' your stomach to improve your results.
- Pull the tape measure so that it sits on the surface of the skin, but doesn't compress the skin.
- Measure in front of a mirror to ensure that your tape is straight and level around your body.
- If an area isn't of concern to you, feel free to leave it out (e.g. calf muscles).
- If you have a spot (e.g. freckle or birthmark) that stands out on your arm, thigh or calf muscle close to the widest point, use this spot as your marker to take your measurements. This will improve accuracy and consistency every time you remeasure.





Where to Measure



BICEPS

Measure up 15 cm from your elbow and take your upper arm measurement.

CHEST/BUST

Align the tape with your nipples. Take the measurement at the side of the ribcage, underneath your arm.



WAIST

Align the tape with your belly button. Ensure the tape is level all the way around.

HIPS

Measure at the widest point of your hips or bottom. Ensure that the tape measure is level both sides of your hips.



THIGH

Measure at the widest point of your upper thigh.

CALF

Measure at the widest point of your calf muscle.



Results Sheet

Health & Fitness Assessment

Date						
Weight						

Measurements

Biceps						
Chest						
Waist						
Hips						
Thigh						
Calf						

Fitness Assessment

Beep Test						
Sit Ups						
Push Ups						
Plank						



Results Sheet

Health & Fitness Assessment

Date						
Weight						

Measurements

Biceps						
Chest						
Waist						
Hips						
Thigh						
Calf						

Fitness Assessment

