

Measurement Chart

Date ➤	___ Weeks _____	___ Weeks _____	___ Weeks _____	___ Months _____	___ Weeks _____	___ Weeks _____	___ Weeks _____	___ Months _____
<u>Waist</u>								
<u>Hips</u>								
<u>Thighs</u>								
<u>Arms</u>								
<u>Chest</u>								



UPPER ARM	Measure the circumference around the largest point on your upper arm above the elbows, with your arms relaxed by your side.
CHEST & BUST	Measure the circumference around your chest or bust and your back, at the end of an exhale. Measuring tape should be under the armpits, around your shoulder blades, and close to the nipple line.
UNDER CHEST & UNDER BUST	Measure the circumference around your ribs and your back, directly under your chest or bust, at the end of an exhale.
WAIST	Measure the circumference around the smallest point on your midsection, just above your navel, while relaxing your stomach muscles.
HIP	Measure the circumference at or under your hip bones, at the largest point, with your feet together, while relaxing your stance.
THIGH	Measure the circumference around the largest point on your upper thigh, while relaxing the leg muscle.

