

The tape measure should be pulled to where it is lying flat against the skin all the way around. Your goal with body tape measurements is consistency. Take them the same every time you take them, and you will get an accurate view of your progress with each body part. Please refer to the image of the correct place to take your measurements.

- Neck -Standing. Measure your neck at its largest girth.
- Chest -Standing. Measure with breast out, just above the nipple.
- Bicep-Measure at its largest girth, can be taken relaxed with arms at side, relaxed with arm bent, flexed or all three. Measure both left and right arms.
- 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. Measure left and right thighs.

