

Body Measurements Chart

Name: _____

Tape measure / scale used: _____

Write the date of each measuring session in the top row, then fill one column each time.

Measurement	1	2	3	4	5	6	7	8
Date								
Weight (lb)								
Neck (in)								
Shoulders (in)								
Chest (in)								
Upper arm (right) (in)								
Upper arm (left) (in)								
Forearm (right) (in)								
Forearm (left) (in)								
Waist (at the navel) (in)								
Hips (in)								
Thigh (right) (in)								
Thigh (left) (in)								
Calf (right) (in)								
Calf (left) (in)								

How to keep the numbers comparable

Measure at the same time of day, in the same clothes, with the tape snug but not tight.

Breathe out normally and keep the tape level all the way round.

The two blank rows are for anything else you want to follow.

Measurements record change over time; what a figure means for your health is a question for your doctor, not for a chart.