

How to record your weight and body measurements



When attempting to change the shape of your body in any way it is crucial to record your progress so you can see how your body composition is changing, this will help you track what is happening and hopefully these readings will motivate you towards your end goal!

To get a true gauge of progress you should take measurements from 5 areas of the body, these are your chest, arm, waist, glutes and thigh. You will need to get a friend or partner to help you with the measurements, as some of you may find it difficult to do on your own, it will also make them more accurate.

How to weigh yourself

1. Invest in a set of scales, digital ones can provide an easy to see reading.
2. Make sure the scales are placed in the exact same spot every time you weigh yourself preferably on a solid surface like tiles
3. Only weigh yourself once a week at the same time preferably first thing in the morning on your check in day before eating or drinking and after going to the toilet
4. Fully undressed step on the scales and place your feet in the same position each time you get weighed

Measuring your Chest

1. Raise your arms to the side so they are parallel with the floor & breathe normally
2. Measure around the chest and back at nipple height

Measuring your Arms

1. With your arms by your sides, raise your right arm to the side so it is parallel to the floor
2. Bend the elbow to 90 degrees
3. Turn your palm inwards so it is facing your head
4. Clench your fist and tense the bicep (keep it tense)
5. Now take the measurement from the largest part of the arm, this is usually the middle of the bicep

Measuring your Thighs

1. Stand with both feet together
2. Take a small sideways step with one foot
3. Measure around the largest part of your right thigh
4. Record the distance from this site straight down to the floor to ensure your next reading is in the same spot

Measuring your Waist

1. With your arms straight, raise them to the side so they are parallel to the floor and breathe normally
2. Measure the waist at your belly button

Measuring your glutes (bottom)

1. Stand with both feet together, raise your arms forward
2. Measure around the largest part of your glutes
3. Record the distance from this site straight down to the floor to ensure your next reading is in the same spot

Getting started... the best time to take your body measurements

Weigh yourself and take your measurements on the morning of the day you plan to start, then weigh yourself every week and take your measurements every week...be patient and don't be tempted to get on the scales everyday!

Take a before photograph

On day one ask a friend or partner to take a photograph of you, then every week in exactly the same spot, take another photograph. Often when you see yourself every day in the mirror you can't see changes that are happening but when you place one photo at the side of another the changes you see can be quite dramatic!