



# BODY MEASUREMENT CHART

Excerpted from Chapter Four • Assessment: Know Your Body  
*dotFIT Me—A Proven Fitness System Used by Millions Worldwide*

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You are going to measure a few different areas.

- Chest (measure the largest part)
- Waist (place the tape on top of your the belly button)
- Hips (measure the largest part)
- Thigh (measure the thickest part)
- Upper arm (measure the largest part, the biceps and triceps area)

When performing the measurements, make sure the tape measure is not too tight or too loose. You want to be able to put your pinky underneath the measuring tape so it is snug, but not pushing into your body. You will want to be consistent with your measurements. Whether you measure in the morning or evening, make sure you re-measure at the same time of day. This helps keep your reassessments more accurate.

Track your progress here every four weeks.

	<b>Week 1</b>	<b>Week 5</b>	<b>Week 9</b>	<b>Week 12</b>
<b>Date</b>				
Chest				
Waist				
Hips				
Thigh				
Upper Arm				