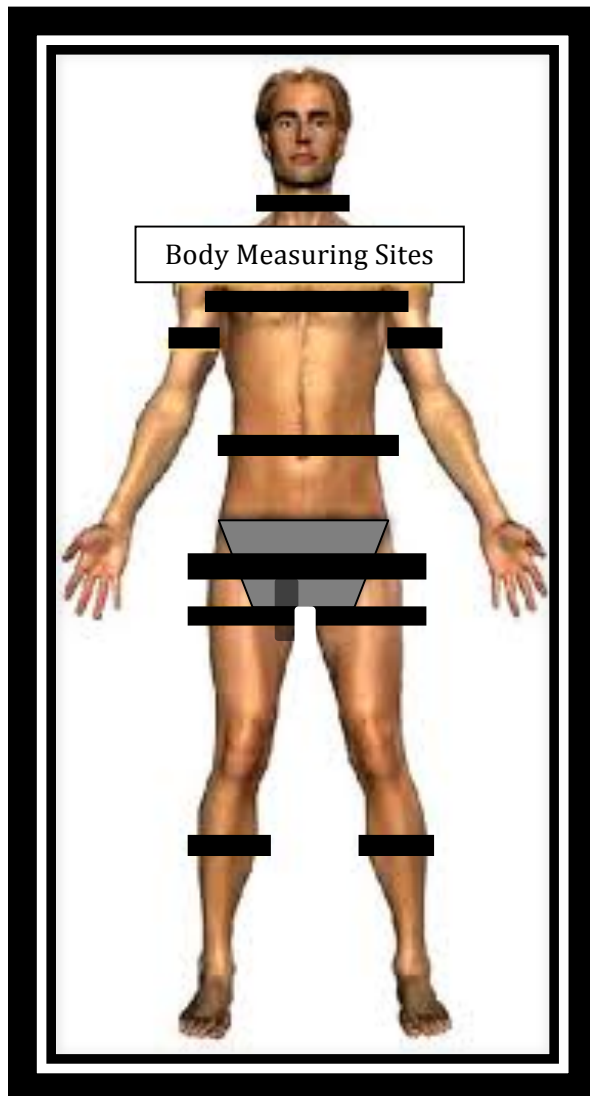


# Instructions For Measuring Your Body



The tape should be pulled to where it is lying flat against the skin all the way around.

Like with taking skinfold measurements, 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.

The body image on the left has a list of suggested spots to regularly measure.



Measure yourself on all the suggested spots on the morning of **DAY #1** that you start the Core 4 program and record findings.

After completing the 8-Day program, measure yourself again on the morning after you've completed the cycle, which would be **DAY #9**.

**Neck** - Standing, measure your neck at its largest girth, right over the Adam's apple.

**Chest** - Standing, measure with breath out just above the nipple.

**Bicep** - Measure at its largest girth, can be taken relaxed with arms at side, relaxed with arm bent, flexed with arm bent 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.

**Calf** - Seated if you are measuring yourself or standing if you have a partner, measure at its largest girth. Measure both left and right calves.

**DAY #1**

Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Bicep Rt: \_\_\_\_\_

Bicep Lt: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thigh Rt: \_\_\_\_\_

Thigh Lt: \_\_\_\_\_

Calf Rt: \_\_\_\_\_

Calf Lt: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_**DAY #9**

Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Bicep Rt: \_\_\_\_\_

Bicep Lt: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thigh Rt: \_\_\_\_\_

Thigh Lt: \_\_\_\_\_

Calf Rt: \_\_\_\_\_

Calf Lt: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_**DAY #1**

Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Bicep Rt: \_\_\_\_\_

Bicep Lt: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thigh Rt: \_\_\_\_\_

Thigh Lt: \_\_\_\_\_

Calf Rt: \_\_\_\_\_

Calf Lt: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_**DAY #9**

Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Bicep Rt: \_\_\_\_\_

Bicep Lt: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thigh Rt: \_\_\_\_\_

Thigh Lt: \_\_\_\_\_

Calf Rt: \_\_\_\_\_

Calf Lt: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_**DAY #1**

Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Bicep Rt: \_\_\_\_\_

Bicep Lt: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thigh Rt: \_\_\_\_\_

Thigh Lt: \_\_\_\_\_

Calf Rt: \_\_\_\_\_

Calf Lt: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_**DAY #9**

Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Bicep Rt: \_\_\_\_\_

Bicep Lt: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thigh Rt: \_\_\_\_\_

Thigh Lt: \_\_\_\_\_

Calf Rt: \_\_\_\_\_

Calf Lt: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_**DAY #1**

Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Bicep Rt: \_\_\_\_\_

Bicep Lt: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thigh Rt: \_\_\_\_\_

Thigh Lt: \_\_\_\_\_

Calf Rt: \_\_\_\_\_

Calf Lt: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_**DAY #9**

Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Bicep Rt: \_\_\_\_\_

Bicep Lt: \_\_\_\_\_

Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Thigh Rt: \_\_\_\_\_

Thigh Lt: \_\_\_\_\_

Calf Rt: \_\_\_\_\_

Calf Lt: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_