

A Guide to Taking Body Circumference Measurements

Your LLZ TRANSFORM-in-12 wellness team recommends taking your measurements as you begin your program and then every 30-days. Keep your measurement form in a safe place where you can easily find and reference it in the future it to monitor your progress.

Take your measurements first thing in the morning before eating or drinking. Every time you retake your measurements, take them at the same time, under the same circumstances so you can trust the results.

For all measurements, pull the tape measure so that it sits on the surface of the skin, but doesn't compress the skin. Make sure the tape is level and take multiple measurements. Record the largest measurement.

Using a cloth tape measure, follow these tips to take the most accurate measurements:

- **Chest:** Stand with feet together and the torso straight and find the widest part around your bust.
- **Waist:** Stand with feet together and torso straight but relaxed and find the widest part of your torso, often around your bellybutton.
- **Hips:** This is the widest part of your glutes. Try looking in a mirror while standing sideways. Make sure the tape is parallel to the floor.
- **Neck:** Place the tape around the neck at the height where a collar would normally rest, just below your Adam's apple for men or just above the shoulders for women.
- **Bicep:** Stand up straight with the arm relaxed and find the midpoint between the shoulder bone and the elbow of one arm.
- **Upper Thigh:** Look for the midpoint between the lower part of the glutes and the back of the knee, or the widest part of the thigh.
- **Lower Thigh:** Place the tape one inch above the top of the knee cap.
- **Calves:** Measure halfway between the knee and the ankle.