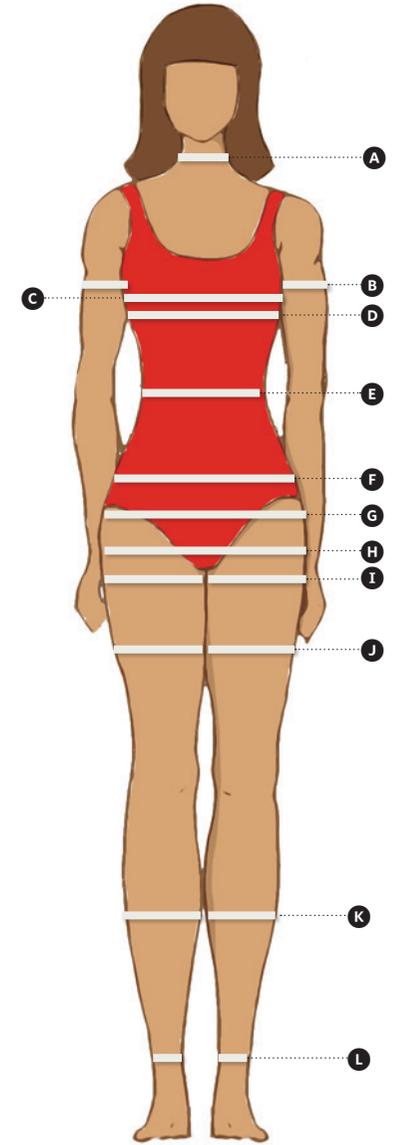
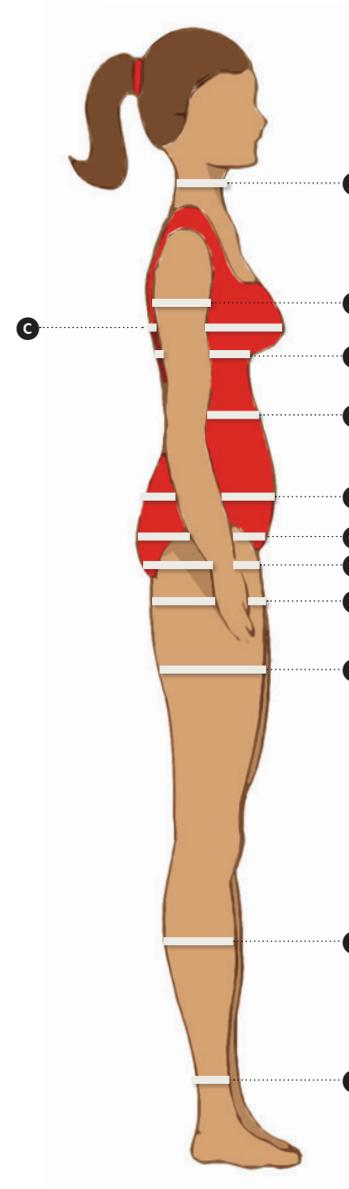
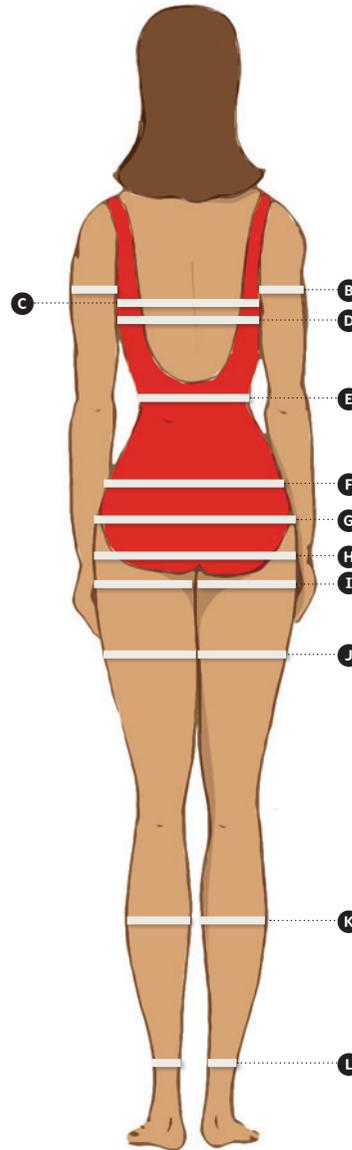


Measurement <i>tracking distances must always be the same</i>	Inches / cm
A Neck size/collar	
B Upper arm. Measure around the upper arm at its widest point. With arms by your side, track distance from under armpit:	L R
C Across the back and straight across the bust (this is the measurement for cup size)	
D Across the back and straight under the bust (this is the back measurement for a bra)	
E Waist	
F Hips widest part	
G Bottom across middle of cheeks track distance from crotch:	
H Bottom widest part track distance from crotch:	
I Upper thighs track distance from crotch:	L R
J Lower thigh track distance from floor:	L R
K Calves track distance from floor:	L R
L Ankle water retention zone track distance from floor:	L R



Weight & Shape Chart

BODY BACK

Measurements ins/cms

Date									
A Neck size/collar									
B Upper arm. Measure around the upper arm at its widest point. With arms by your side, track distance from under armpit:	L R								
C Across the back and straight across the bust (this is the measurement for cup size)									
D Across the back and straight under the bust (this is the back measurement for a bra)									
E Waist									
F Hips widest part									
G Bottom across middle of cheeks track distance from crotch:									
H Bottom widest part track distance from crotch:									
I Upper thighs track distance from crotch:	L R								
J Lower thigh track distance from floor:	L R								
K Calves track distance from floor:	L R								
L Ankle water retention zone track distance from floor:	L R								

Tracking distances must always be the same

Measurement (inches / cm)	Date								
Starter weight									
Weight previously achieved									
Body Fat score*									
Regular clothes size									
Bra size									
Shirt size									
Dress size (This may vary by brand, keep note of regular ones)									
Skirt size									
Trouser size									
Weight									
BMI calculation* Height:									
Target weight									