

Getting Your Measurements

Measurements are a wonderful way to get an objective starting point before beginning a new journey to health. I recommend taking your starting measurements on a Friday morning before eating or drinking.

PICTURES:

Take your starting pictures in a bra and underwear/shorts, from several angles. No need to share them with others, this is for you!

WEIGHT:

Weigh yourself without clothing or shoes, before eating or drinking anything.

BODY MEASUREMENTS:

This is my favorite way to track a body change journey! Always measure at the same time under the same conditions (I recommend Friday morning upon waking).

- Measure your wrist at the widest section between the two bony processes (this measurement will not change between measures)
- Measure your forearm halfway between your wrist and your elbow
- Measure your chest across the nipple line
- Measure your waist at the smallest portion above your bellybutton, but below the ribcage
- Measure your hips at the largest protrusion of the butt muscle.
- You may take bicep and thigh measurements, but it's not necessary.

Be PowerFULL