



TAKING MEASUREMENTS CORRECTLY



HOW TO TAKE YOUR MEASUREMENTS CORRECTLY

When it comes to losing or gaining weight, many will look at scale weight as the be all and end all. However, this method alone is not reliable nor a true representation when assessing physical changes.

It's important we incorporate a combination of:

- 1) Scale Weight.**
- 2) Weekly Progress Photos**
- 3) Measurements**

Numbers 1 & 2 are relatively straight forward to do however taking measurements can be a little more complicated. When doing so it's important to be accurate and consistent each time to ensure you are getting reliable readings.



Here are some tips and step by step instructions on how to take your readings correctly.

TOP TIPS

- 1) Have a good tape measure and it is in good condition (This can be a loose tailor style tape measure or a MYO tape measure which can be found on amazon).
- 2) Ask a friend/partner to help you measure to ensure you are accurate.
- 3) I'd advise doing this in as little to no clothing as possible, but if you want/need to wear something then opt for loose fitted clothes.
- 4) Take measurements in the morning before eating/drinking anything and after you have been to the toilet. (This approach should also followed before taking scale weight).
- 5) Breathe normally when taking measurements and minimise any gaps between the tape and the body surface. However, do not breathe or hold too tightly as this will provide inaccurate readings.

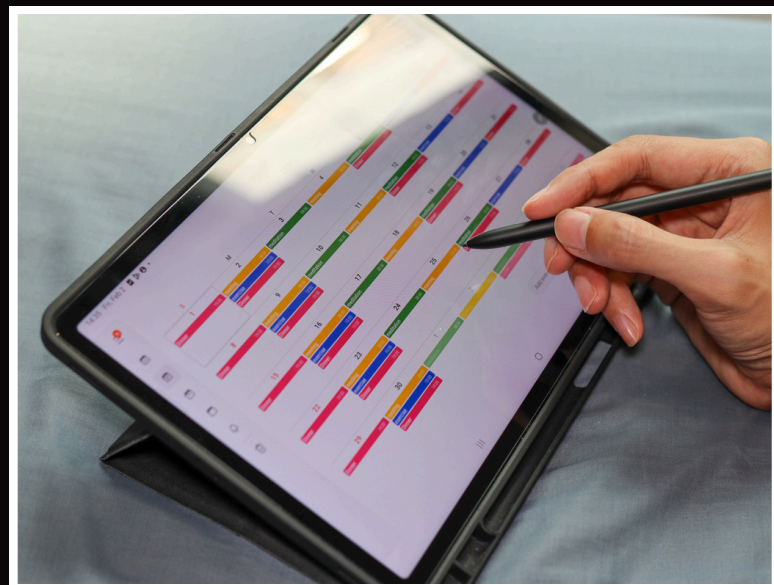


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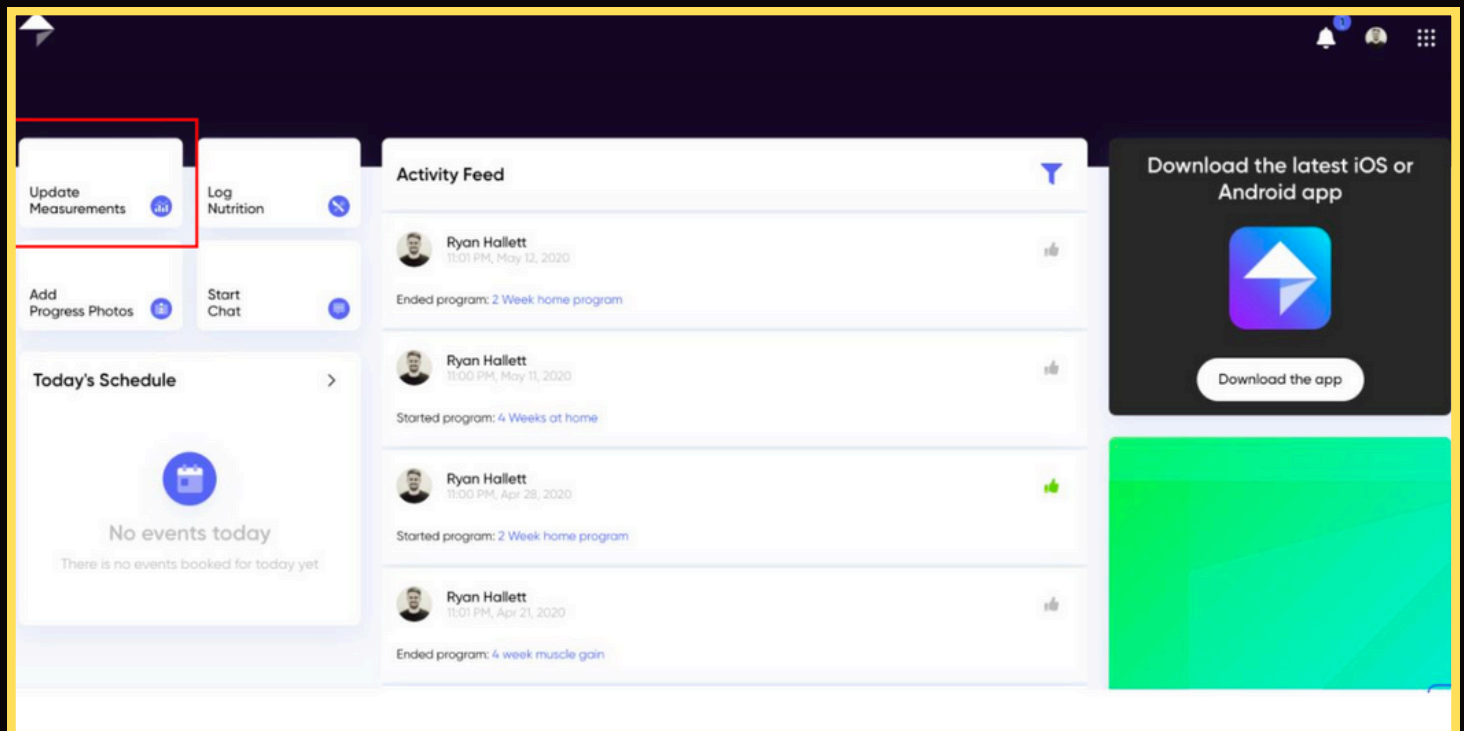
6) Check each measurement twice to ensure it is correct. This adds reliability.

7) Repeat these steps weekly to ensure consistent results. Every week on your weekly check in you will be required to re-measure yourself and take scale weight, so it is important you use the same tape measure and the initial measurements you enter are accurate.

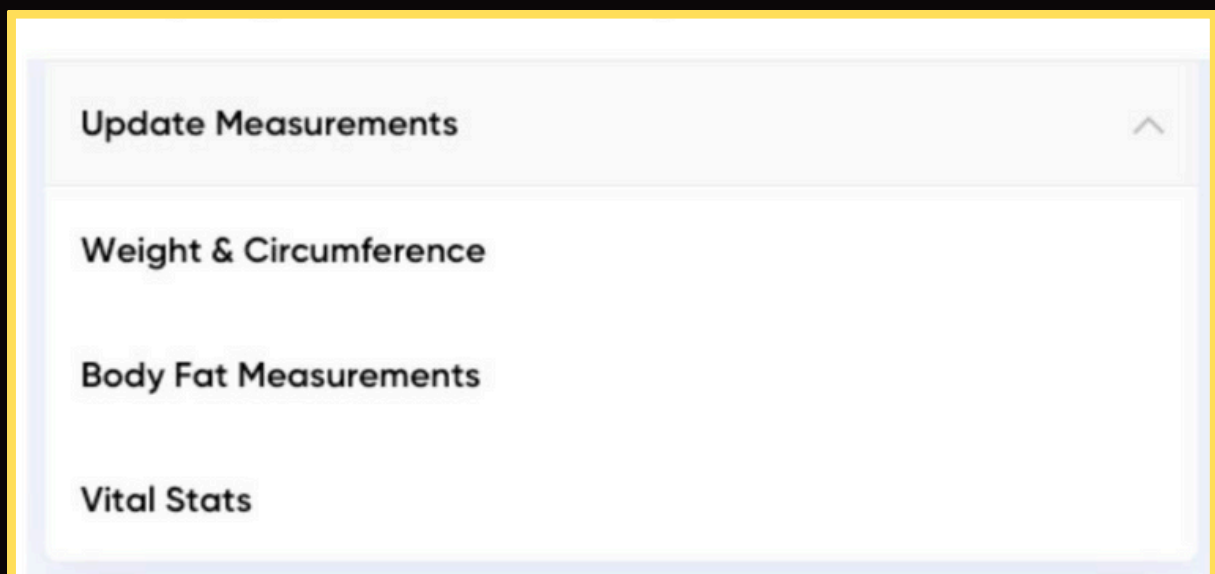
8) The baseline measurements are essential and must be added to the app before I can create your plan. These can be added by selecting 'Update Metrics' from the hub screen.



UPDATING METRICS



You will have 3 different measurement options to pick from under the category 'Update Measurements' – those being weight circumference, Body Fat Measurements, Vital Stats.



For each, you will be able to add new measurements and see all previous data as seen below

Weight and Circumference

Date measurements taken

10/10/2019

Weight

80 kg

Neck Left	0 cm	Neck Right	0 cm
Chest Left	0 cm	Chest Right	0 cm
Arm Left	0 cm	Arm Right	0 cm
Waist Left	0 cm	Waist Right	0 cm
Hips Left	0 cm	Hips Right	0 cm
Thigh Left	0 cm	Thigh Right	0 cm
Calf Left	0 cm	Calf Right	0 cm

Save

HOW TO TAKE MEASUREMENTS

- 1. Weight** – Take this in kilograms in the morning before eating /drinking but after the toilet if needed.
- 2. Waist** –This is the smallest part of your torso (Disregard right and left this is 1 full measurement).
- 3. Chest** – This is to be taken at the fullest part of your pectoral/ bust wrap it around (under your armpits, around your shoulder blades, and back to the front.. usually around your nipple area) – (Disregard right and left this is 1 full measurement).
- 4. Arms** – (Add left and right) This is to be taken at widest part of bicep with arm straight without tensing.
- 5. Hips** – This is to be taken with your feet together and is to be taken over the widest part of your buttocks– view from the side to ensure it's the greatest protrusion of your buttock (Disregard right and left this is 1 full measurement).
- 6. Thigh**– (Add left and right)– Take this at the fullest part of your thigh this is the upper thigh right below your buttocks.
- 7. Calf** – (Add left and right) – Take this at the widest part of your calf with you legs slightly apart and standing straight. If you are doing this alone, it is easier to sit down when doing this.
- 8. Neck** – Just around the Adams Apple area for men or mid neck for women.

I don't mind you only take 3-4 of the most important measurements weekly and updating the others every month.

- **For Men** - Chest, Arms Thighs and Waist.
- **For Women** - Hips, Waist, Thighs, Arms.

Please ignore the body fat % page unless you have had a DEXA scan as different measurement software's will not provide accurate or true readings.

