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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Areas to Measure** | **Bust/Chest**Fullest part of the bust | **Pecs**Just above the bust line | **Ribs**Top of the rib cage, just below the bust line | **Waist**At or slightly above the navel | **Abdomen**3" below the navel, in line with the hip bones or hip pads | **Hips**Tighten your buns & measure the fullest part of the butt | **Upper Thigh**Just below your butt cheek | **Lower Thigh**2" above your kneecap | **Calves**At fullest point | **Upper Arms**Below deltoid (shoulder) muscle, 3-4" from armpit center |
|  | **R** | **L** | **R** | **L** | **R** | **L** | **R** | **L** |
| **Week 1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 11** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |