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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** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |