

How To Measure and Record Your Circumference Measurements

Step 1: Pick up a good measuring tape. A simple cloth measuring tape that has legible markings will allow for more accurate and consistent readings.

Step 2: Locate the body part to record. For the challenge, we're using: Chest, Right Arm, Waist, Hip, and Right Thigh. (See chart below for more specific details.)

Step 3: Wrap tape around body part.

Step 4: Tighten tape to a snug fit and make sure it is flat against the body part. If using a regular cloth tape, try to achieve a consistent tightness with each measurement.

Step 5: Read the measurement on the outer edge of the tape measure (in inches) and record in your journal.

		Chest: Measured at the maximal horizontal girth of the chest at the nipple line, measured during normal breathing. Make sure you're standing upright and the tape measure is passed over the shoulder blades and under the armpits. Record the measure after a normal (not a forced) exhalation.
		Right Arm: Measured halfway between the elbow and the bony point on the top of your shoulder. Measure this distance if you have to and take the mid-point.
		Waist: Measured at the navel. Use the cross sectional area and not where the waist line appears. Some people have a slight forward pelvic tilt, measure circumferentially. Be sure you're standing upright and breathing normally with the abdomen relaxed. Record the measure after a normal (not a forced) exhalation.
		Hip: Measured around the glutes at the level of maximal circumference.
		Right Thigh: Measured at the halfway point between the center of the kneecap and inguinal crease (the line where leg inserts into trunk). Measure the distance if you have to and take the mid-point.

Chart adapted from Precision Nutrition, by Dr. John Berardi
Photo Credit: Dr. John Berardi