



Tracking your Progress

Name: _____

Skinny Up!

Notes: Taking your measurements the first day of HCG is not necessary; however when you begin to see the fabulous results you will probably wish you had taken note of your start point!

How to accurately measure:

Neck – Standing, measure your neck at its largest girth, right over the Adam’s apple

Arm – Armpit, then straight around

Upper Chest – at under arm level

Chest – At largest part

Midriff – Directly under the bust line

Waist – Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage. If you can’t find it, bend to the side and note where the bend is

Hips – measure at the largest girth, where the butt is protruding the greatest

Thigh – At largest part (top of the leg)

Knee – 1 inch above the top of the knee cap

Calf – at largest part

Other – (ex. Roll 1) – For example, if the belly button is not at the waist, note the belly button. If there is a significant roll above the belly button (Upper Roll/UR) and/or below the belly button (lower roll/LR), you should note the measurements as these will change drastically and neither the waist nor hip measurement will indicate the degree that these rolls change.

Instructions: The tape should be pulled to where it is lying flat against the skin all the way around your body. Your goal with body tape measurements is **consistency**. Take them the same every time you take them and you will get a more accurate view of your progress with each body part.

Body Part:	First Day Measurements:	Last Day Measurements:
Make sure to measure consistently – wear the same clothes each time	Date: _____ Weight: _____	Date: _____ Weight: _____
Neck:		
Right Arm:		
Left Arm:		
Upper Chest:		
Midriff:		
Waist:		
Hips:		
Right Thigh:		
Right Knee:		
Right Calf:		
Left Thigh:		
Left Knee:		
Left Calf:		
Other (UR, LR, BB):		
Other:		
Total Inches Lost:		