



# Sandy Bum FITNESS

## MEASUREMENT TRACKER

	Waist	Hips	Chest	Bicep	Thigh	Neck	Weight
Baseline							
Week 1							

**Measurement locations:**

- Waist: Most narrow point above the belly button.
- Hips: Widest part of the hips bellow the belly button.
- Chest: The midline of nipples around the back.
- Bicep: The fullest part of the upper arm.
- Thigh: The fullest part of the upper leg while standing.

Neck: Midway between your head and shoulders.