CAFEITY · FREE PRINTABLE

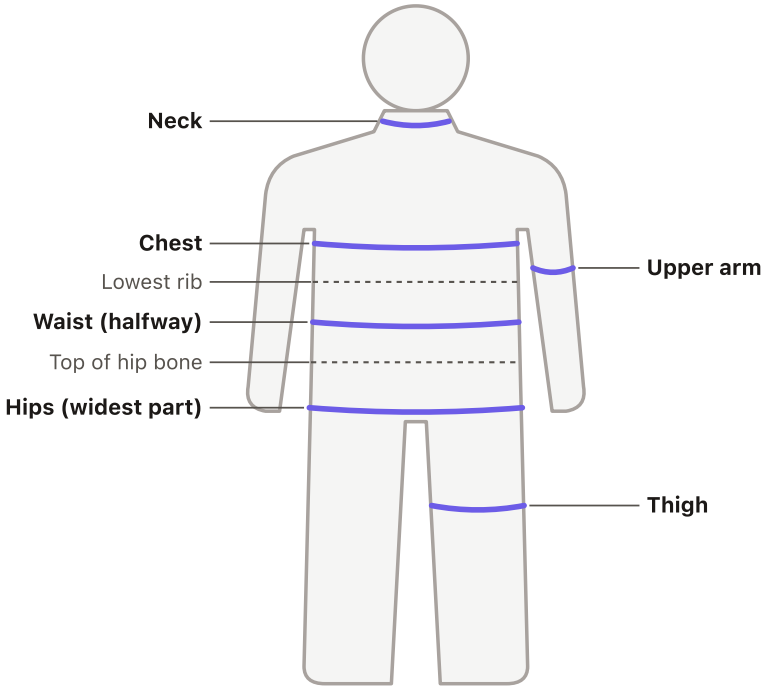
Body measurements log

Measure every two to four weeks, in the morning before eating, with the same tape at the same landmarks. Measure twice; if the two readings are within 1 cm (½ in), write down the average.

Name _____

Units (cm / in) _____

Thigh: ___ above the kneecap _____



Front view. Left and right do not matter, as long as you use the same side every time.

EVERY TIME

- Same tape, same landmarks
- Tape level with the floor
- Snug, without denting the skin
- Read after a normal breath out
- Morning, before eating
- Twice; average if within 1 cm

DATE	WEIGHT	WAIST	HIPS	CHEST	NECK	UPPER ARM	THIGH	NOTES (TIME, CYCLE, HOW CLOTHES FIT)

Waist method from the WHO expert consultation on waist circumference (2008). A record for your own use, not medical advice.