

## How To Use This Chart

If you're exercising in the gym while working towards a weight loss goal, it's always a good idea to take your body measurements during the process. Other progress tracking methods like tracking your weight with a scale, or measuring your BMI at the doctor are useful, but they don't tell you how your weight is distributed.

Gaining muscle will put weight in more "favorable" places like your shoulders, arms, legs and butt. Losing weight will take it away from less favorable places like your stomach.

Track how your weight is distributed with this chart.

## Where To Measure

**Arm:** Measure your right arm at the "midpoint".

**Waist:** Measure your waist at your belly button.

**Hips & Butt:** Measure your hips at the widest point.

**Thigh:** Measure your right thigh at the "midpoint".



Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Date

Weight

Body Fat

Arm

Waist

Hips

Thigh