

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**ARMS**                      **Measurement from crease to marked line** \_\_\_\_\_

Date	Measurement	Date	Measurement

1. From the crease of the interior elbow measure up to the center of the bicep muscle.
2. Draw a horizontal line with a marking pen
3. Measure from the crease of the interior elbow to the marked line and keep this measurement.

NOTE: This measurement will be the same for this client every time and this is the location where you will measure the arms circumference.

**LEGS**                      **Measurement from crease to marked line** \_\_\_\_\_

Date	Measurement	Date	Measurement

1. From the crease of the posterior knee measure up to the center of the thigh.
2. Draw a horizontal line with a marking pen.
3. Measure from the crease of the posterior of the thigh to the marked line and keep this measurement.

NOTE: This measurement will be the same for this client every time and this is the location where you will measure the thighs circumference.

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

### STOMACH

Date	Measurement	Date	Measurement

1. Measure the circumference at the umbilicus
2. Measure 2 inches up from the umbilicus and
3. measure the circumference of the body

### BREAST

Date	Measurement	Date	Measurement

1. Measure the circumference of the body just below the nipple.