

Measurements

Measurements are a critical part of the transformation process. They allow you to gauge your progress and make accurate decisions on what the next step should be concerning your transformation.

Scale weight, pictures (Front/Side/Back), and monitoring how your clothes fit are an important part of the transformation process.

One of the most important measurements is inches lost even more so than scale weight. Through strength training, our concern is to build muscle tone so that as the inches are lost - there is something to be revealed.

Body Weight Stayed The Same, but your waist decreased by 1/4 "



This indicates the likely addition of lean muscle mass and a decrease in body fat. No changes are needed for the following week.

Waist stayed the same, but body weight decreased by 2 lbs:



Body fat may have been lost thus no need for caloric alteration is required.

Waist stayed the same, but body weight increased 2 lbs:



This possibly indicates an increase in lean muscle mass. No change is indicated.

Waist increased:



A caloric reduction is in order.

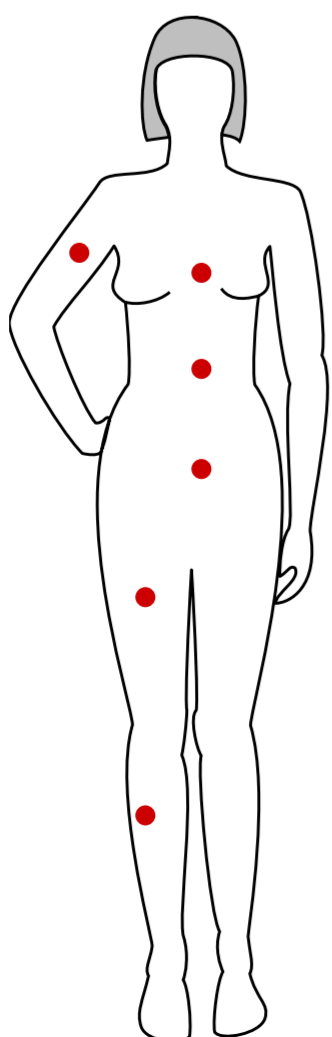
Waist and body weight did not change:



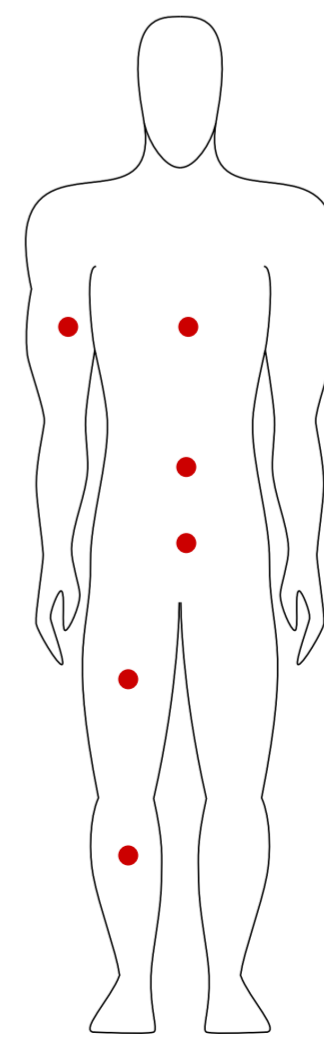
This one is definitely tricky. Sometimes the body works in spurts followed by a lag in change. If everything is stagnant for one week continue with no change for the next. If things then stay the same, or go the wrong way, a change (caloric reduction) is then indicated for the third week.

FEMALE

MALE



Right Arm
Chest
Waist
Hips
Right Thigh
Right Calf



WEEK 1

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Pictures Y N
 Does Clothing Fit Better Y N

WEEK 7

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Pictures Y N
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 2

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 8

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 3

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Pictures Y N
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 9

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Pictures Y N
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 4

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 10

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 5

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Pictures Y N
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 11

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 6

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Does Clothing Fit Better Y N
 Total Inches Lost _____

WEEK 12

Right Arm _____
 Chest _____
 Waist _____
 Hips _____
 Right Thigh _____
 Right Calf _____
 Add Total Inches _____

Date: _____

Scale _____
 Pictures Y N
 Does Clothing Fit Better Y N
 Total Inches Lost _____