

# Taking Good Measurements

Following the graphical measuring chart along with measuring tips below will help you to get accurate and consistent numbers.

## Measuring Tips:

- Make sure that the tightness of the measuring tape is not too tight, but not too loose when doing your measurements. The most important thing is that you measure the same way each time.
- For clothing, be pro-active in letting your client know what to wear. It helps to have them to wear fitted workout gear, shorts, t-shirts, or similar. It is preferable for them to wear the same clothing for each time they are being measured.

**Upper Chest:** Have your client face the wall, and wrap the measuring tape around the client's upper chest, underneath their arm pits. Have them inhale, then exhale and relax their shoulders. Take note of & write down the number in the tracker.

**Chest:** Still facing the wall, have the client to wrap the measuring tape around the largest part of their chest. Especially for males that are measuring females, it is important to stand behind the client and have them to place the measuring tape around the front. You can bring the tape to the middle of the back where you can take note of & write down the number in the tracker.

**Left & Right Arm:** Have the person hold their arms straight out (like an airplane). Using three fingers as a spacer from the crease in their arm, measure around their bicep - without them flexing. Take note of & write down the number in the tracker.

**Waist:** Standing behind the client, have them to wrap the measuring tape around the front of their stomach - directly over their belly button and hold it. Make sure that the measuring tape is straight, and measure from the back. Take note of & write down the number in the tracker.

**Hips:** For this measurement, it is best to measure from the side. Have the client to wrap the measuring tape around their waist. Slide the measuring tape down around the widest part of their buttocks. Take note of & write down the number in the tracker.

**Left & Right Thighs:** This measurement is also best done from the side. Have the client to stand tall, with their legs shoulder width apart. Have them to place their hands down to the side, flush against the leg. Put the measuring tape around their middle finger at the fingernail, then have them to remove their finger and tighten the measuring tape. Take note of & write down the number in the tracker.

# Taking Good Measurements



