



**Let's Get Physical**  
**Week 4: Measure Up for Success**  
**Tiffany Hall 22/04/10**

Here's how to measure yourself correctly:

**Scales:** Always use the same set of scales and weigh yourself in the same clothes and at the exact same time of day.

**Measurements:** Chest, Waist, Hips and Thighs.

You must measure yourself accurately each time and again, in the same outfit, that includes the same bra too! Decide on inches or centimetres and stick with it.

**Chest:** Measure around the nipple line at the widest part of your chest.

**Waist:** Line the tape measure up with your belly button.

**Hips:** Stand with your feet hip length apart and measure around the widest part of your hips, get all that booty in! Take the measurements as many times as you have to be accurate.

**Thighs:** Place one foot on a step. Measure from the centre of your kneecap up to the thickest and widest part of your thigh - yes the widest part! Mark that position with a pen, then wrap the tape measurement around that point to record your thigh's measurement. Remember to always measure from the same length of your kneecap.

Chart your success by weighing yourself every week and recording your measurements every month.

*Measure up for success and good luck!*