

SUMMER SLIM™

HOW TO MEASURE YOUR PROGRESS

Before you start measuring, remember to:

Use a non-stretchable tape. Make sure the tape measure is level around your body and parallel to the floor. Keep tape close to your skin without depressing it.

What to measure -

Bust- Measure all the way around your bust and back on the line of your nipples.

Chest: Measure directly under your breasts, as high up as possible.

Waist: Measure at its narrowest point width-wise, usually just above the navel.

Hips: Measure around the widest part of the hipbones.

Midway: Measure midway between the widest part of your hips and our waist.

Thighs: Measure around fullest part of upper leg while standing

Knees: Measure immediately above the knee.

Calves: Measure around fullest part.

Upper arm: Measure above your elbows - around fullest part.

Forearms: Measure below your elbows - around fullest part.

Re-measure yourself every couple of weeks and record you measurements, so that you can chart your progress. This is a great motivator! It can be discouraging to see your measurements at the start of the program, but once you begin to see results, the feeling of accomplishment is incredible. Even if you have already commenced your program, it is not too late to get measuring (body fat percentage or body measurements), as it is wonderful and rewarding to watch your body continue to change.

MEASUREMENTS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
BUST					
CHEST					
WAIST					
HIPS					
MIDWAY					
THIGHS					
KNEES					
CALVES					
UPPER ARM					
FOREARM					