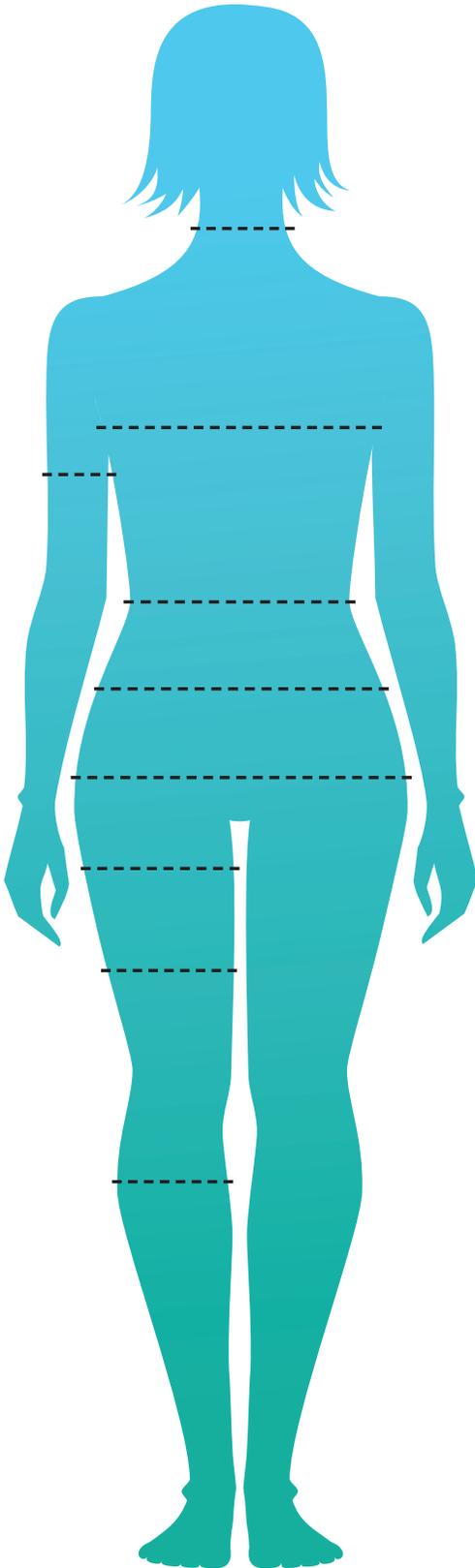




How to Accurately Measure Your Body to Track Results



Taking measurements during the Transformation Challenge is an essential component to ensuring you stay on track and observe results. It's a critical step to help you keep your motivation alive and be able to enjoy the process as well.

Remember, this is just the beginning of your fitness journey! It doesn't stop once the Challenge is over! Commit to yourself to keep going, find motivation in the journey and keep maintaining the *TruHealth™* lifestyle!

It's encouraged that you take your measurements before you start the challenge and continue to track them weekly through the end and beyond.

	BEFORE	AFTER
Neck		
Chest		
Upper Arms		
Waist		
Lower Abs		
Hips		
Upper Thigh		
Mid-Thigh		
Calf		

In general men and women take their body measurements in the same spots. Here's how to ensure you're taking consistent measurements each time:

How to Measure Your Neck

Use a tape measure and record the inches beginning around the mid-point of your neck. Make sure the tape is straight all the way around, sits flat on your skin, and is snug without digging in.

How to Measure Your Chest

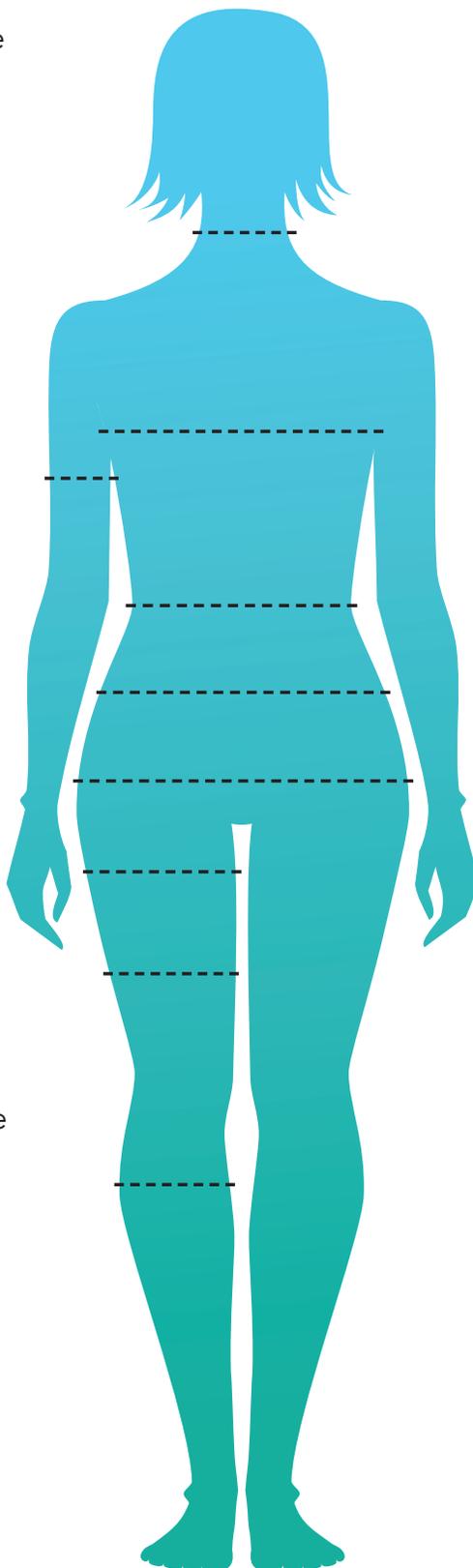
Measuring your own chest can be a bit tricky (since you need to have your arms raised slightly while you're putting the measuring tape in place). Start by wrapping the measuring tape around your chest at the nipple line while your arms are extended. The tape should lie flat against your body, go straight around your chest, and feel snug without digging into your skin. Once the tape is in place, bring your arms back to a relaxed position, make any necessary adjustments, and check your measurement.

How to Measure Your Arms

Keep the arm you're measuring relaxed by your side, and wrap the measuring tape around the peak of your bicep muscle belly — the thickest part of your upper arm. The tape should lie flat and fit securely around your bicep. (Try not to flex!)

How to Measure Your Waist

Wrap the measuring tape around your waist at your belly button. Make sure the tape is straight all the way around, sits flat on your skin, and is snug without digging in. Don't suck in your stomach — breathe out normally, and check your measurement after you exhale.



How to Measure your Lower Abdomen

Start at the top of your hip bone, then bring the tape measure all the way around your body, level with your belly button. Make sure it's not too tight and that it's straight, even at the back. Don't hold your breath while measuring. Check the number on the tape measure right after you exhale.

How to Measure Your Hips

To measure your hips, wrap the measuring tape around the widest part of your butt. Again, check that the tape is straight all the way around, lies flat, and fits securely around your hips.

How to Measure Your Thighs

While standing, measure your thigh by wrapping the tape around your leg at the midpoint of the thigh. Repeat the same for your upper thigh, approximately 1-2 down from where the thigh meets your torso. Make sure the tape lies flat and straight the whole way around. Check your measurement at the point where the two ends overlap.

How to Measure Your Calves

When you're measuring your calves, stand with your feet hip-width distance apart. Distribute your weight evenly between your feet so you're not leaning more on one leg. Putting more weight on one leg can cause the calf to flex, resulting in an inaccurate reading. Relax both calves. The longest measurement is the correct one; calf measurements should reflect the widest girth. Mark the correct height, which is the one with the widest girth, with a marker.