



Clean Cut Fitness & Nutrition Measurement Circumference Chart

Use a soft tape measure.

Take measurements at the beginning of week 1, at the end of week 3 & the end of week 6.

Bust: Place the measuring tape across your nipples and measure around the largest part of your chest. Be sure to keep the tape parallel to the floor.

Waist: Place the measuring tape about a 1/2 inch above your belly button (at the narrowest part of your waist) to measure around your torso. When measuring your waist, exhale and measure before inhaling again.

Naval: Place the measuring tape directly across your naval.

Hips: Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.

Thigh: Place the measuring tape on the fullest part of your thigh. Wrap the tape measure around your thigh from front to back and then around to the front.

Upper arm: Place the measuring tape in the center of your upper arm. Wrap the tape measure around the widest part of your upper arm from front to back and around to the start point.

| Area | Week 1 | End of week 3 | End of week 6 |
|-----------|--------|---------------|---------------|
| DATE | | | |
| Upper Arm | | | |
| Bust | | | |
| Waist | | | |
| Naval | | | |
| Hips | | | |
| Thigh | | | |



Weight Chart

| | Starting Weight | End Of Week 1 | End Of Week 2 | End Of Week 3 | End Of Week 4 | End Of Week 5 | End Of Week 6 |
|--------|-----------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Date | | | | | | | |
| Weight | | | | | | | |

Before and After:

Feel free to document for yourself, your feelings, emotions and pictures!! Be proud for taking this step!!!!