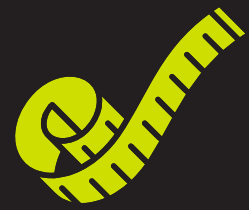


B-LEAN CHALLENGE



TRACKING YOUR PROGRESS IN INCHES

B-LEANCHALLENGE.COM

DATE:																				
WEIGHT:																				
FOREHEAD																				
NECK																				
RIGHT ARM																				
LEFT ARM																				
UPPER CHEST																				
CHEST																				
MIDRIFF																				
WAIST																				
HIPS																				
RIGHT THIGH																				
RIGHT KNEE																				
RIGHT CALF																				
LEFT THIGH																				
LEFT KNEE																				
LEFT CALF																				
OTHER (UR LR BB)																				
OTHER																				
OTHER																				
OTHER																				
OTHER																				
TOTAL INCHES LOST:																				

NOTES:

Forehead - Measure just above the brow

Neck - Standing, measure your neck at its largest girth, right over the Adam's apple

Arm - Armpit, then straight around

Upper Chest - At under arm level

Chest - At largest part

Midriff - Directly under the bust line

Waist - Standing, measure at the narrowest point or at the midway point between the top of the hipline and bottom of the rib cage. If you can't find it, bend to the side and note where the bend is.

Hips - Measure at the largest girth, where the butt is protruding the greatest.

Thigh - At largest part (top of the leg)

Knee - 1" above the top of the kneecap

Calf - At largest part

Other - (ex. Roll 1) For example, if the belly button (BB) is not at the waist, note the BB. If there is a significant roll above the belly button (upper roll / UR) and/or below the belly button (lower roll / LR), you should note the measurements as these will change drastically and neither the waist nor hip measurement will indicate the degree that these rolls change.

OTHER INSTRUCTIONS:

The tape should be pulled to where it is lying flat against the skin all the way around. Your goal with body tape measurements is consistency. Take measurements the same every time. This will give you an accurate view of your progress with each body part.