

YOUR PERSONAL MEASURING CHART

	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12
BUST: Fullest part of bust												
PECS: Just above the bust line												
RIBS: Top of rib cage just below the bust line												
WAIST: At or slightly above the navel												
ABDOMEN: 3" below the navel in line with hip bones or hip pads												
HIPS: Tighten buns and measure fullest part of butt												
UPPER THIGHS: Just below butt cheek	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L
LOWER THIGHS: 2" above knee cap	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L
CALVES: At fullest point	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L
UPPER ARMS: Middle of the upper arm at bicep	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L	R ----- L