



12 Week BODY MEASURING CHART

2mamas *on a mission*

	Start		Week 2		Week 4		Week 6		Week 8		Week 10		Week 12	
Arms	L	R	L	R	L	R	L	R	L	R	L	R	L	R
Bust														
Waist														
Hips														
Thighs	L	R	L	R	L	R	L	R	L	R	L	R	L	R
Weight														

HOW TO MEASURE CORRECTLY

Upper Arms: Measure around the widest part of your upper arm.

Bust: Measure all the way around your bust and back at the fullest part of your bust.

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

Hips: Measure around the widest part of the hipbones.

Thighs: Measure around fullest part of upper leg while standing.