








Measurement	Instruction	Technique
Neck	Measure across the Adam's apple.	
Chest	Measure across the nipple line.	
Waist	Measure at the narrowest point of the waist, below the rib cage and just above the top of the hipbones. If there is no apparent narrowing of the waist, measure at the navel.	
Hips	With feet together, measure circumference at the widest portion of the buttocks	
Thighs	Measure 10 inches above the top of the patella for standardization.	
Calves	Measure at the maximal circumference between the ankle and the knee, measure the calves.	
Biceps	Measure at the maximal circumference of the biceps, measure with arm extended, palm facing forward.	

TIP: The most important factor to consider when taking circumference measurements is consistency. When taking measurements, remember to make sure the tape measure is taut and level around the area that is being measured.

Circumference Measurement Worksheet



Client Name _____ Start Date _____

Circumference Measurement

Site	Measurement 1	Measurement 2
Neck		
Chest		
Waist		
Hips		
Thighs		
Calves		
Biceps		

End Date _____

Circumference Measurement

Site	Measurement 1	Measurement 2
Neck		
Chest		
Waist		
Hips		
Thighs		
Calves		
Biceps		