

	How to measure	Before	Week 4	Week 8	Week 12
<b>Weight</b>	Weigh yourself on a scale and record your weight. Don't let this discourage you. If you are training properly you may be adding muscle, which makes the scale refuse to budge.				
<b>Body Fat %</b>	Have your body fat measured by a professional, purchase skin calipers to measure body fat at home, or use a special scale designed to measure body composition.				
<b>Waist</b>	Place the tape measure about ½ inch below your belly button, or wherever your waist is smallest. Exhale and measure your torso before inhaling again.				
<b>Hips</b>	Place the tape measure across the widest part of your hips/buttocks and measure all the way around.				
<b>Right Bicep</b>	Wrap the tape measure around the highest peak or largest area of your right bicep and measure all the way around.				
<b>Left Bicep</b>	Wrap the tape measure around the highest peak or largest area of your left bicep and measure all the way around.				
<b>Right Thigh</b>	Wrap the tape measure around the same spot on your right thigh each time and measure all the way around.				
<b>Left Thigh</b>	Wrap the tape measure around the same spot on your left thigh each time and measure all the way around.				
<b>Bust/Chest</b>	Lift up your arms, wrap the tape measure around your chest at nipple level for women or just above the nipple for men, then lower your arms and measure all the way around.				
<b>Pictures</b>	May be the most important measure! Stand in front of a mirror and take a picture of yourself in a bathing suit, shorts and sports bra, or just shorts for the men. Take another picture of your profile view. Or recruit someone to take photos. Take pictures weekly if so desired.				
<b>Clothes</b>	Lastly, the way your clothes fit is an excellent measure of your body transformation. If they are fitting looser, chances are you have lost inches. If your shirts have a hard time accommodating your bulging biceps and chest, you have added lean muscle.				