

# BASELINE

## Measurements

Date:

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Time of Day:

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Assessment:	Measurement:
Body Weight	
Neck	
Arm	
Waist	
Hips	
Leg	

### Assessment Guidelines:

1. Take 3 Pictures (Front, Side, Back)
2. Weigh yourself in undies and nothing else or naked!!
3. Use a measurement tape to measure body parts.
4. If possible have someone help you measure. Take arm measurement right below the arm pit and the leg right under the cooter bone! The waist is usually near the bellybutton and the hips are over the hip bones and around the back over the booty! If you want help - ask a Wellness Coach to do it at the gym!