



Optimising Body Composition

4 Month Challenge

| | Waist Circumference (cm) | Hip Circumference (cm) | Feeling in Clothes |
|--------------|--------------------------|------------------------|--------------------|
| Start | | | |
| End of Wk 2 | | | |
| End of Wk 4 | | | |
| End of Wk 6 | | | |
| End of Wk 8 | | | |
| End of Wk 10 | | | |
| End of Wk 12 | | | |
| End of Wk 14 | | | |
| End of Wk 16 | | | |
| Total Loss | | | |

Start

End of Wk 2

End of Wk 4

End of Wk 6

End of Wk 8

End of Wk 10

End of Wk 12

End of Wk 14

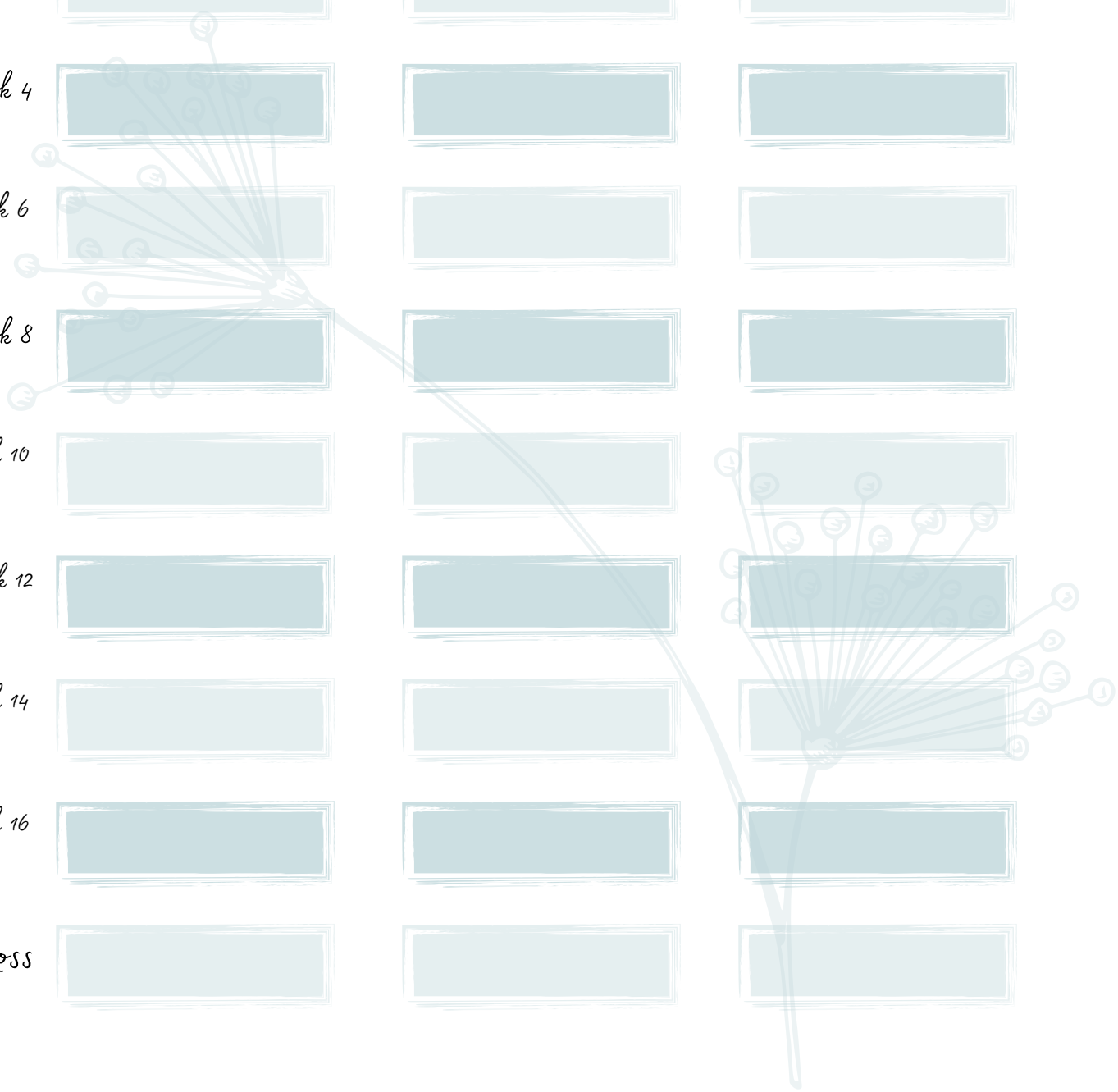
End of Wk 16

Total Loss

Waist Circumference (cm)

Hip Circumference (cm)

Feeling in Clothes





Notes

1. Waist Circumference:

- Measure your waist at the level of your navel.
- Stand naturally, without sucking in your stomach, and keep the tape snug but not tight.

2. Hips Circumference:

- Measure the widest part of your hips and buttocks.
- Keep the tape snug but not tight and parallel to the floor.

3. Feeling in Clothes

- Track overall feeling from 1 - 10
- 1 = lots of room for improvement
- 10 = feeling confident and amazing!
- If relevant, take note if bloating occurs prior to period

Other Measurements

Chest/Bust Circumference:

- For women, measure around the fullest part of your bust.
- For men, measure around the chest, just under the armpits.

Upper Arm Circumference:

- Measure your upper arm at the midpoint between the shoulder and elbow.
- Relax your arm by your side.

Thigh Circumference:

- Measure the fullest part of your thigh, typically about halfway between your knee and hip.
- Keep the tape parallel to the floor.



Other Measurements



Add your own

Add your own

Add your own

| | | | |
|--------------|--|--|--|
| | | | |
| Start | | | |
| End of Wk 2 | | | |
| End of Wk 4 | | | |
| End of Wk 6 | | | |
| End of Wk 8 | | | |
| End of Wk 10 | | | |
| End of Wk 12 | | | |
| End of Wk 14 | | | |
| End of Wk 16 | | | |
| Total Loss | | | |

