

# ER Shred Measurement Tracker

Use the charts below to keep track of all your progress. Get motivated with every inch and pound lost. Progress is a process. Success breeds success.

Measurements	Start	Day 5	Day 8	Day 12
Neck				
Upper Arm (left)				
Upper Arm (right)				
Chest (men: armpit, women: bust)				
Diaphragm (rib cage)				
Waist				
Abdomen (6" below waist)				
Buttocks (9" below waist)				
Upper Thigh (left)				
Upper Thigh (right)				
Calf (left)				
Calf (right)				
Upper Knee (left)				
Upper Knee (right)				
My Total Inches				
My Total Inches Lost				
My Weight				
My Weight Lost to Date				

## Compute Your Body Mass Index (BMI)

Before BMI: \_\_\_\_\_ (Weight x 703 ÷ Height ÷ Height)

After BMI: \_\_\_\_\_

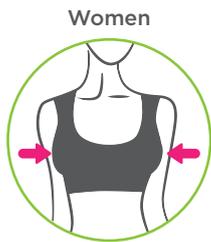
*Example: BMI: Bob is 5'7" and weighs 155 pounds. Bob's BMI is 24.3 (155 x 703 ÷ 67 ÷ 67). Therefore, according to the chart below, his weight status is normal.*

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 and Above	Obese

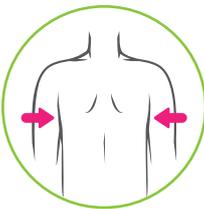




# Measurement Tips



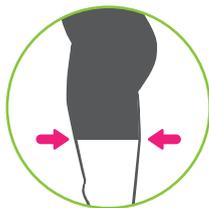
Women



Men

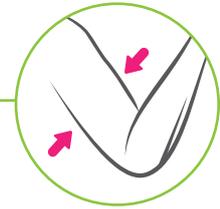
## Chest

- For women, this measurement will be taken at the bust line.
- For men, ensure the measuring tape goes through the underarms on both sides.
- Keep the measuring tape parallel to the floor for best results.



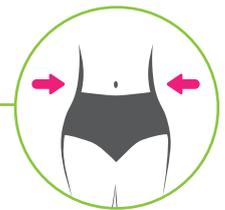
## Thighs

- Stand with your feet together.
- Measure the circumference of your thigh at the halfway point between your hip joint and your knee.
- Keep the measuring tape parallel to the floor for best results.



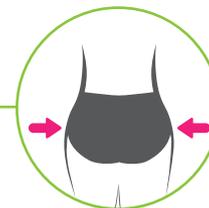
## Arms

- Bend your arm at the elbow to form a 90-degree angle.
- Measure the circumference of your arm at the peak of your bicep (halfway between the shoulder and elbow).



## Waist

- Measure your waist at belly button.
- Stay relaxed and do not 'suck in' your stomach.
- Keep the measuring tape parallel to the floor for best results.



## Buttocks

- Stand with your feet together.
- Take this measurement around the middle of the buttocks, at the halfway point between the hips and thighs.
- Keep the measuring tape parallel to the floor for best results.

