

## Body Map

Using a measuring tape take, measurements as indicated on the Body Map. Write your results in inches on the appropriate lines. In one month you will re-measure yourself and add the new measurements to your Body Map. Keep record monthly to monitor your progress

The diagram shows a human figure from the back, with horizontal lines indicating measurement points for the neck, shoulders, chest, waist, hips, and legs. Below the figure are two cloud-shaped boxes for recording data over four months.

**Month 1**  
Date \_\_\_\_\_  
Weight \_\_\_\_\_

**Month 2**  
Date \_\_\_\_\_

**Month 3**  
Date \_\_\_\_\_  
Weight \_\_\_\_\_

**Month 4**  
Date \_\_\_\_\_  
Weight \_\_\_\_\_