

TRANSITIONS LIFESTYLE SYSTEM – MEASUREMENTS

- Be sure to measure according to diagram
- Men measure differently than women
- Be consistent each time you measure in order to get realistic results
- Measure Week 1, 4, 8 and 12

CHEST/BUST – Women: Measure at the fullest point of the bust and across the shoulder blades.

Men: Measure just under the arms and across the shoulder blades.

Waist: measure at the belly button

Hip: measure on the panty line

Thigh: measure at the end of the fingertips

Calf: Measure up and record the distance from the floor to the largest area of the calf

