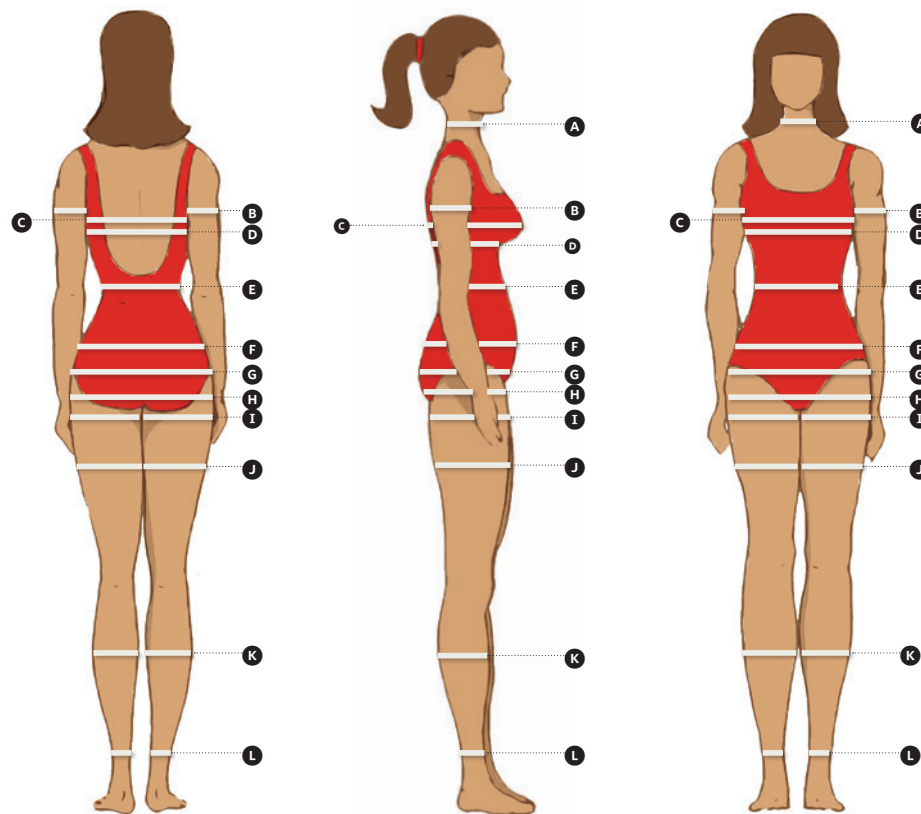


Using your *Body Back* Weight & Shape Chart

This chart is easy to use, you just need a tape measure. Download or print the chart off and fill in a new one each week or month, whichever frequency you are happy with. Keep the charts after use for comparison and to see your improvement.

I have divided the body into several parts, more than just one measurement per limb. To track changes, note on the chart your placement positions. They need to be consistent each time you take measurements. For example if the widest part of your calf is 30 cms off the floor (heel down) make note, that is your tracking distance, always measure the calf circumference at that point every time. The ankles and thighs can be accurately measured in the same way. For the upper arm measurement, track the distance from either the armpit fold (with arm down by side) or from the tip of the middle finger (with arm outstretched).

Remember if you are exercising and weight training muscle can weigh more than fat. You can drop a dress size and tone up without necessarily making an impact on the scales. This is not all about losing weight, as you become healthier your body changes and you may shift a little weight around too. The charts are designed for you to really understand your body and how it responds to improvements in your nutrition and exercise. Refer to the FME chart and Body Back to learn about your body and the positive changes you can make.



- A** Neck size/collar
- B** Upper arm.
- C** Across the back and straight across the bust
- D** Across the back and straight under the bust
- E** Waist
- F** Hips widest part

- G** Bottom across middle of cheeks
- H** Bottom widest part
- I** Upper thighs
- J** Lower thigh
- K** Calves
- L** Ankle