



HealthyBodyHealthyLife
with *Melissa Koerner*

Taking Measurements and Photos



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HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



Directions for Taking Your Measurements and Before Photos

Weight and Measurements

Weigh yourself at your current weight and write down the date.

Weight _____ Date _____

Using a tape measure, measure these seven sights on your body and write down the date:

Date _____

1. Chest (across your nipple line): _____
2. Abdomen (across your belly button): _____
3. Hips (widest part of your butt, with feet together): _____
4. Thigh (10 inches above the top of your knee cap): _____
5. Calf (widest part of your leg between your ankle and your knee): _____
6. Upper arm (widest part of your arm between your shoulder and your elbow, with arm extended palm facing forward): _____
7. Forearm (widest part of your arm between your elbow and your wrist, with arm extended palm facing forward): _____

Weigh yourself and retake your measurements every 30 days. Post your pictures and results in the HBHL Support Community.

Before and After Photos

Take your “before” photos as soon as possible and write down the date you took them. Take photos from three angles - from the front, the back, and the side.

Retake your photos every 30 days and post them in the HBHL Support Community. We’re all here to root you on and help you celebrate your progress.

I’m excited for YOU to be the next Success Story! 😊