**Personal Stats**

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| --- | --- | --- |
|  | September 2013 | November 2013 |
| **Blood Pressure** |  |  |
| **BMI** |  |  |
| **Weight** |  |  |
| **Chest:** Measure just under your bust |  |  |
| **Waist:** Measure a half-inch above your belly button or at the smallest part of your waist |  |  |
| **Hips:** Place tape measure around the biggest part of your hips |  |  |
| **Thighs:** Measure around the biggest part of each thigh |  |  |
| **Calves:** Measure around the largest part of each calf |  |  |
| **Upper arm:** Measure around the largest part of each arm above the elbow |  |  |