

Scandi Sense Measurement Chart



An important part of the journey towards your ideal weight is keeping an eye on your measurements and your weight. It is incredibly motivating to see how many inches and pounds disappear. Tracking the measurements will later help you to maintain your ideal weight.

L = Left R = Right

Date	Weight	If possible, % Fat	R Upperarm	L Upperarm	Chest	Waist	Belly	Backside/ hips <i>Broadest part</i>	R Thigh	R Knee <i>Just above the knee</i>	R Calf	R Ankle	L Thigh	L Knee <i>Just above the knee</i>	R Calf	R Ankle

- Choose a regular weigh-in day, once a week, so that weighing yourself becomes part of your routine. Be sure to only weigh yourself on this day and try to do it at around the same time.
- Measure yourself with a tape measure every fortnight, or as necessary.
- Always measure and weigh yourself naked. Make a note of the date, weight and measurements.

TIP
Photocopy this measurement chart and keep it in the bathroom so that it is always to hand