



Template

Tape measure log

Measuring guide and table

How to measure consistently

- Measure in the morning, fasted, after the toilet and before training.
- Always use the same flexible tape. It lies flat without digging in, and runs level.
- Keep muscles relaxed and breathe out normally. Do not suck in your stomach.
- Measure each site twice and enter the average. For arms and legs, always measure the same side.
- Measuring every two to four weeks is enough. Changes of a few millimeters are measurement noise.

Measuring sites

Neck	Just below the larynx, tape tilted slightly downward at the front.
Chest	At nipple level, arms hanging loose, after a normal exhale.
Waist	Men at navel level, women at the narrowest point of the waist.
Hips	At the widest point of the buttocks, feet together.
Upper arm	At the thickest point, arm relaxed. If you measure flexed, always measure flexed.
Thigh	At the thickest point just below the glute fold, weight on both legs.
Calf	At the thickest point, standing.

Neck, waist, hips and height are enough for a body fat estimate using the US Navy method. The body fat calculator on leanislaw.app works it out.

General information, not medical advice. If you have a medical condition, pain or are pregnant, get medical clearance first.

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Lean is law

Measurement log

Unit (cm or in): _____

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