



*How To*

# Measure Your Progress

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This manual is designed to set you on the right path towards achieving your goals.

It provides the necessary guidance to **monitor changes in body composition.**

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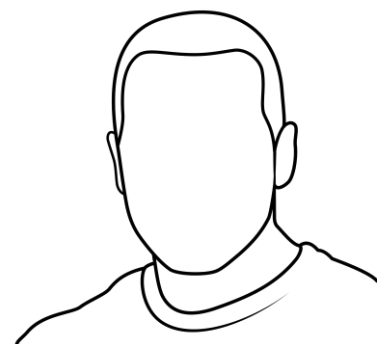
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# 1. Take Pictures

## Step by Step – How To

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Whether you want to lose weight and drop body fat or gain strength and build muscle mass, taking pictures is a great way to document your progress.

You might not like what you see at first, but taking pictures on a regular basis will help keep you motivated and allow you to see how far you've come further down the line.

On that note, here are some tips for producing pictures that will hopefully be of use when it comes to tracking your results over time.

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Wearing minimal clothing, set your phone up to RECORD and film yourself from the front, back, and both sides. STOP your phone, watch the video back and SCREENSHOT each of those (4) positions.

- Take your pictures on the same day and at the same time each week, first thing in the morning, prior to food and drink (Monday's or Friday's work best).
- Use the same location with the same lighting and a clutter-free background (if you can help it). This will ensure the conditions are similar for all your pictures.
- Add the date and your weight to pictures using a photo editing app. You could even put them in a side-by-side collage so they're easier to compare to one another.

SHORT TERM changes will not be dramatic, but well-captured photos will help paint a far better picture of the progress you are making in the LONG TERM, as opposed to just looking in the mirror, relying on your memory, and going by how you feel.

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**I hope that is easy enough to follow. If you have any questions give me a shout.**

## 2. Take Measurements

### Step by Step – How To

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1. When taking measurements, stand tall with your muscles relaxed; this is not the time to pose, flex, or suck it in. Just relax and keep it real.
  2. Measure the parts of your body that you care to measure; applying constant pressure to the tape (so it doesn't sag) without pinching the skin.
  3. To ensure accuracy, take the same measurements, under the same conditions each time; preferably in front of a mirror, to make sure the tape is positioned correctly.
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#### **CHEST**

Measure around the largest part of your chest.

#### **WAIST**

Measure the narrowest point of the waist (or at the belly button for consistency).

#### **HIPS**

Measure around the widest part of your buttocks.

#### **UPPER ARM**

Measure around the largest part of each arm (above the elbow).

#### **UPPER LEG**

Measure around the largest part of each thigh.

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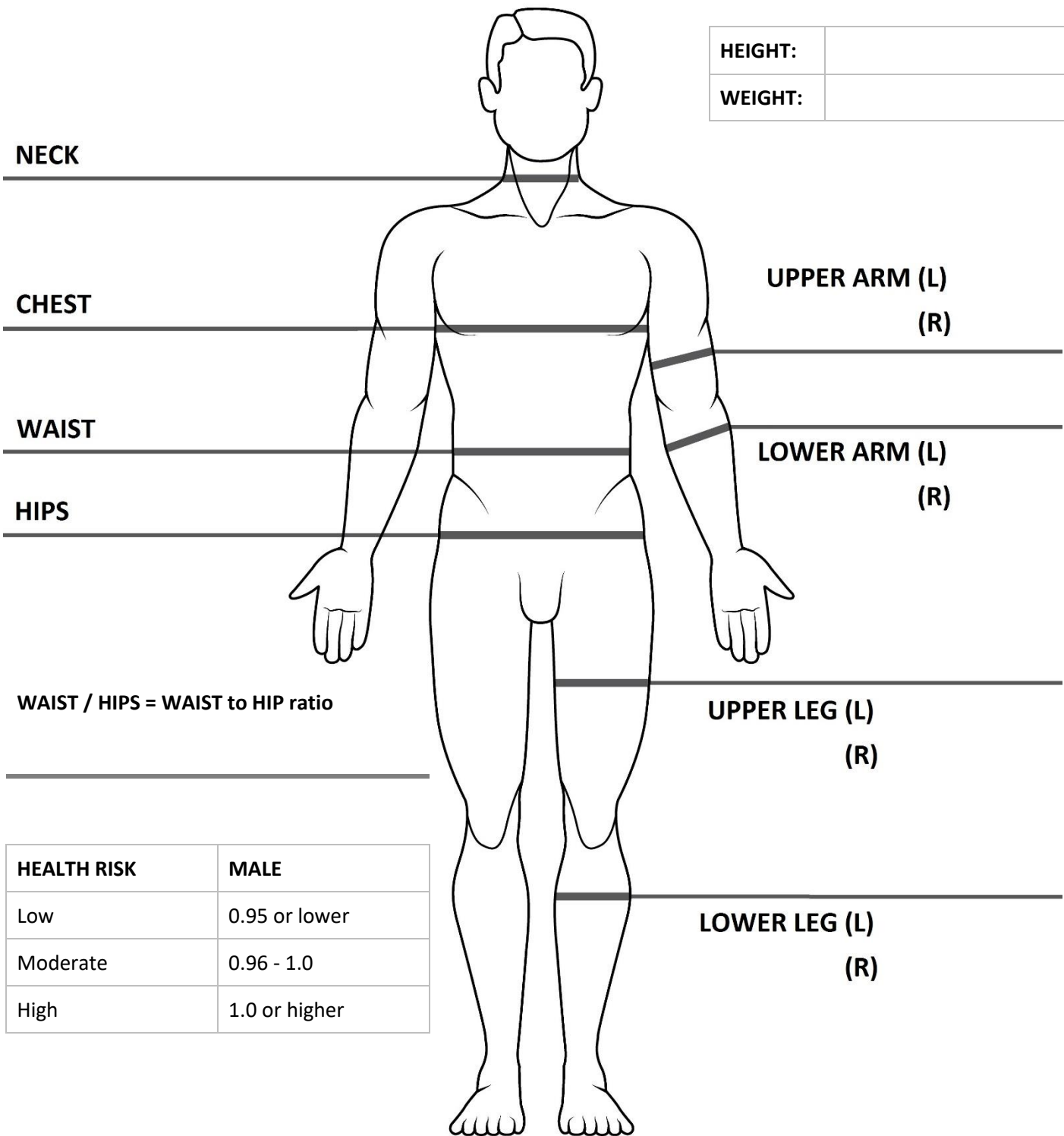
**What Gets Measured Gets Improved**

# Common Body Measurements

**NAME:**

**DATE:**

<b>HEIGHT:</b>	
<b>WEIGHT:</b>	



HEALTH RISK	MALE
Low	0.95 or lower
Moderate	0.96 - 1.0
High	1.0 or higher

# Common Body Measurements

NAME:

DATE:

HEIGHT:

WEIGHT:

NECK

CHEST

WAIST

HIPS

WAIST / HIPS = WAIST to HIP ratio

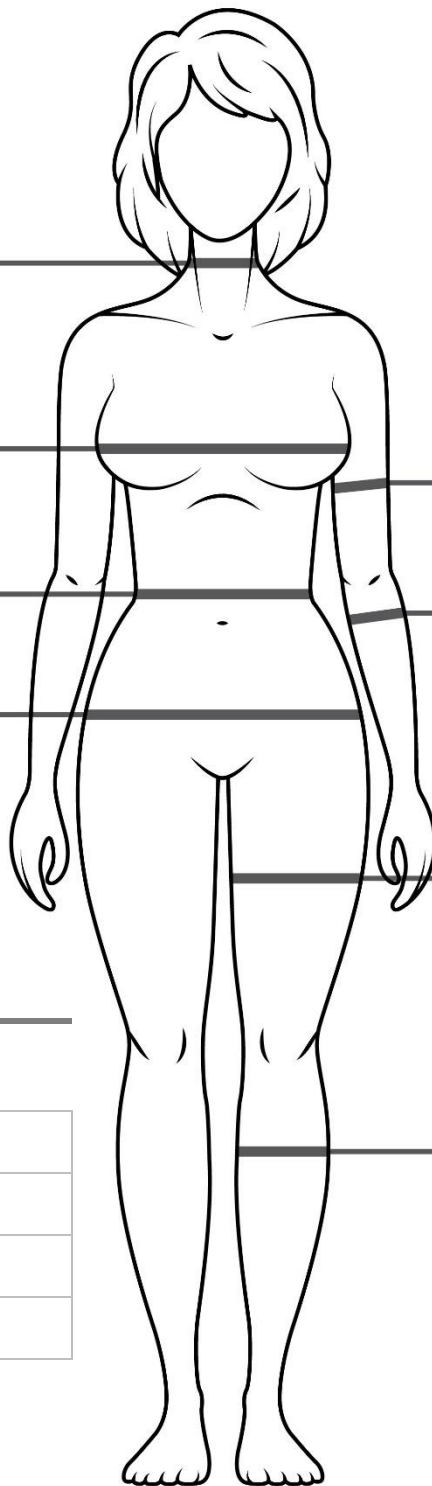
UPPER ARM (L)  
(R)

LOWER ARM (L)  
(R)

UPPER LEG (L)  
(R)

LOWER LEG (L)  
(R)

HEALTH RISK	FEMALE
Low	0.80 or lower
Moderate	0.81 - 0.85
High	0.86 or higher



### 3. Weigh Yourself

<b>Start Date:</b>	
<b>Start Weight:</b>	

- Next Steps:**
1. Download ↓
  2. Print out
  3. Fill in

Week	Date	Weight	Loss/Gain
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			



**To ensure consistency: weigh yourself first thing in the morning, before or after taking your progress pictures, using the same scale each week.**

**Notes:**

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