

Name : _____

Height : _____

Land Tel : _____

Cell: _____

Email : _____

Age : _____

Address : _____

Protein _____

Calories _____

BMI _____

Date	Upper Chest	Chest	Waist	Hips	Right arm	Left Arm	Right Thigh	Left Thigh	Weight	

Hip: To measure hip use the participant’s hand with fingers wide open, place thumb in the waistline and stretch little finger down and measure at the tip of little finger.

Thigh: Place thumb where you measured the hip and stretch out fingers down thigh. Measure at the tip of the little finger.

Women’s bust: Measure below the bust under the bra line, not across the nipples.

Arm: With arm bent at elbow, place little finger on elbow, stretch hand open up the arm and measure at tip of thumb.

Always use participant’s own hand so distances are constant.

