

BODY Assessment Form

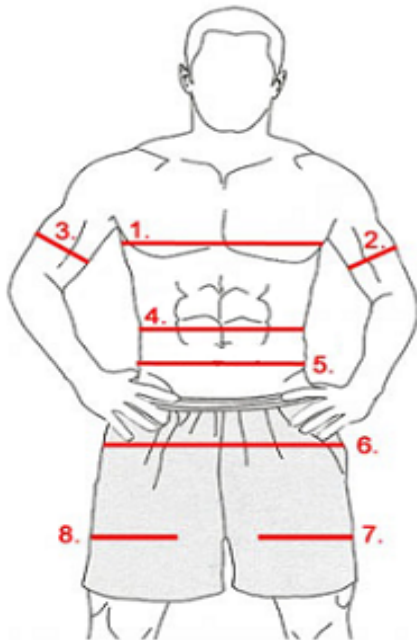
First Name _____ Middle Name _____
 Last Name _____
 Age _____ Email address: _____

HOW TO MEANSURAMENT MY BODY?

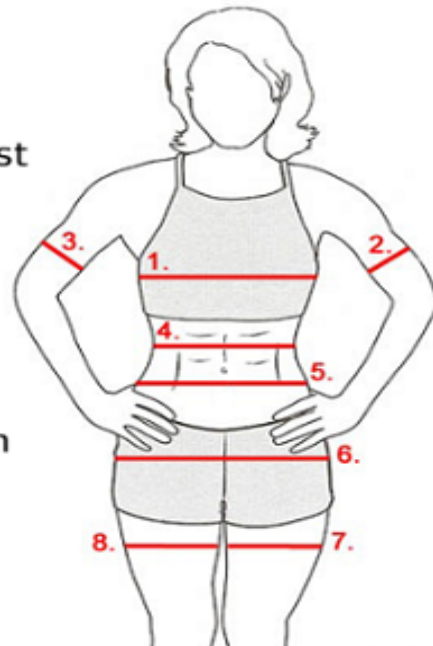
<https://www.youtube.com/watch?v=VSPe-qgIWUk>

- **Abs:** Stand with your feet together and torso straight but relaxed, and find the widest part of your torso, often around your belly button.
- **Arms:** Stand up straight with one arm relaxed and find the midpoint between the shoulder bone and the elbow of that arm.
- **Calves:** Measure halfway between the knee and the ankle.
- **Chest:** Stand with your feet together and torso straight, and find the widest part around your bust.
- **Hips:** This is the widest part of your glutes. Try looking in a mirror while standing sideways. Make sure the tape is parallel to the floor.
- **Thighs:** Look for the midpoint between the lower part of the glutes and the back of the knee, or use the widest part of the thigh.
- **Waist:** Find your natural waist or the narrowest part of the torso.
- **Neck:** find middle of it and measure.

MALE



FEMALE



1. Chest / Bust
2. Left Arm
3. Right Arm
4. Abdomen
5. Waist
6. Hips
7. Left Thigh
8. Right Thigh

Any other types of Body Composition?

() yes () no if yes send it please.

Change in Weight: 1 year ago _____ Highest weight: _____ When? _____ Lowest weight: _____ When? _____

Any weight gain or loss in the past 6 months? (# of fKg, + or -) _____

BODY MEASUREMENTS CHART

Height: _____ cm
Weight: _____ KG
Gender: _____ (in according with organs)
Blood Type (Please circle): A / AB / B / O / Unk

Date: _____

