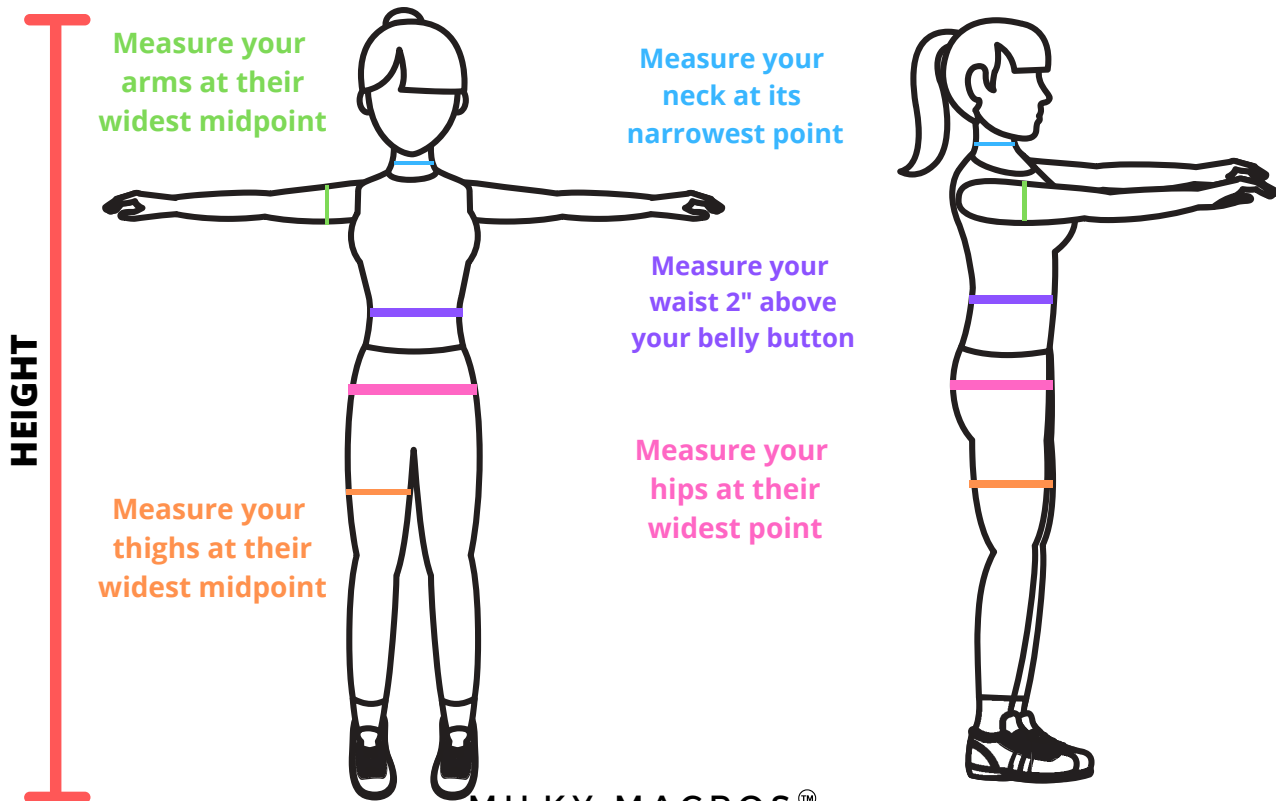


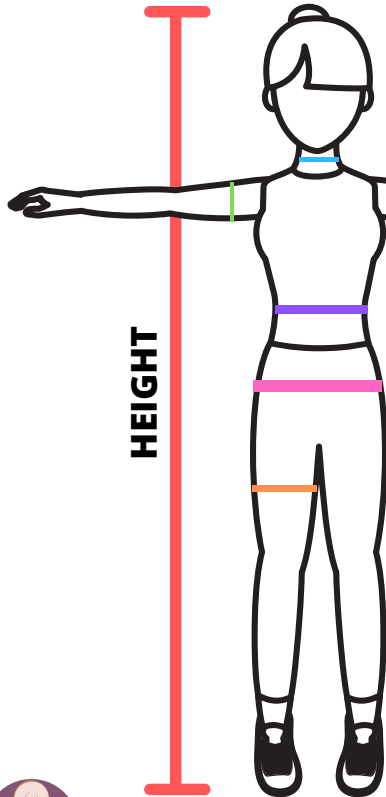


How to Take Your Body Measurements





How to Take Your Body Measurements



Neck:

- Look straight ahead and make sure your shoulders are relaxed and drawn down.
- Place your measuring tape just below your Adam's apple and keep it at the same height around the front and back of your neck.
- Round your measurement UP to the nearest half inch/cm increment.

Waist:

- Due to pregnancy changes to your diastasis recti, the correct placement of the tape may not be the narrowest point of your torso. For this reason, use your belly button as your landmark and measure 2" or 2 finger widths above it.
- For best results, have someone take the measurement for you while you stand with your arms expended to the sides and keep the tape measure at the same height around the body. Breathe normally and record the measurement at the bottom of your exhale.
- Round your measurement DOWN to the nearest half inch/cm increment.

Hips

- Wrap the measuring tape around your hips so that it winds around the widest part of your glutes (this is easiest to assess from a side view). Keep the tape parallel to the floor on all sides of your body.
- Round your measurement DOWN to the nearest half inch/cm increment.

Arms

- Record this measurement with your arm extended from your side but not flexed. Wrap the tape around the widest part of your tricep, keeping the tape perpendicular to the floor.
- Round your measurement UP to the nearest half inch/cm increment.

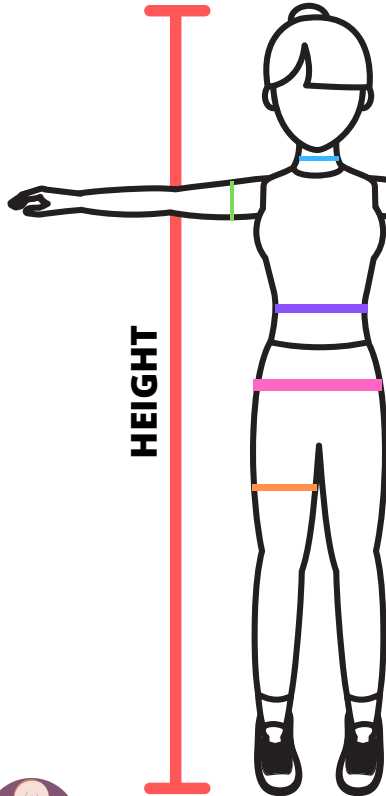
Thighs

- Stand with your feet shoulder width apart. Wrap the tape around the widest part of your thigh, keeping it at the same height on all sides of your leg.
- Round your measurement UP to the nearest half inch/cm increment.





How to Take Your Body Measurements



Tips:

- Do not use a metal measuring tape typically used for construction.
- Your standard tailor's measuring tape is inexpensive and cheap; however, because it is easy to skew results by applying too much tension to the tape, I recommend using this type of body measuring tape instead (also inexpensive): <https://amzn.to/2SSjTMu>
- Your kids will find your tape and want to play with it, and chances are that you will lose it at some point. I recommend having multiple on hand. You can buy 4 of the recommended tape for less than \$10 on Amazon: <https://amzn.to/39CjrrL>
- If you use a standard measuring tape, be sure not to put the tape into your skin. The tape should make contact with your body and sit snug against your skin, but it should not make any sort of impression or dig into your skin.
- Take your measurements at the same time of day each time. In the morning when you log your weight (before eating and after peeing/pooping) and take your pictures is the ideal time.

**Links included go to a commissionable Amazon page at no added cost to you.*

MILKY MACROS™

www.breastfeedingmacros.com

Copyright 2023 | All rights reserved.

