

**Self Measures (Men):**

This handout is one piece of your self-measurement “kit” to keep track of your body dimensions for you and your health care professionals. To complete your kit, you will need to have a non-stretch tape measure. Fabric stores sell the small retractable tapes that are easy to use for under US\$5. The following pages will describe how to take your body measures. Use this page to record your readings.

<b>Date:</b>	<b>/</b> <b>200</b> __	<b>/</b> <b>200</b> __	<b>/</b> <b>200</b> __	<b>/</b> <b>200</b> __
<b>Neck</b> (base of collar level)				
<b>Midarm</b> (around midpoint of upper arm)				
<b>Chest</b> (just under armpits)				
<b>Breast</b> (at nipple level)				
<b>Diaphragm</b> (just under pectorals – at bra line for women)				
<b>Abdomen</b> (around the middle at belly button level)	(take in and let out a deep breath to relax your stomach muscles for this measure)			
<b>Hip</b> (around the butt at the level of the crease between torso and thigh)				
<b>Thigh</b> (around the midpoint of the relaxed thigh)				
<b>Calf</b> (around the largest point on the calf)				

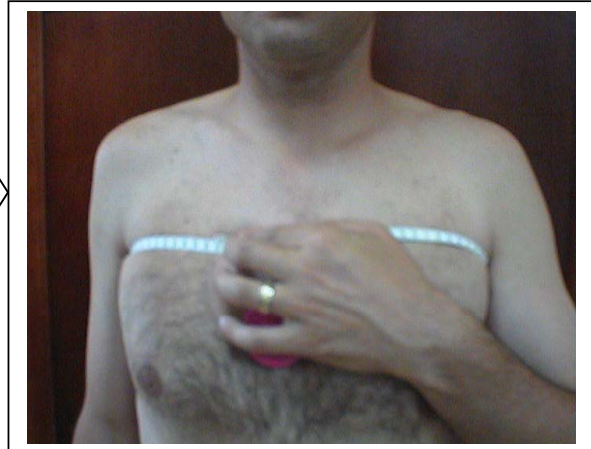


**Neck:** place tape the neck at the base and allow the metal tip or end of tape measure to show at the point that you will take the reading; loosely hold the tape so that there are no gaps; read number in mirror to the nearest 0.1 cm



**Midarm:** place tape around center of upper arm; loosely hold the tape so that there are no gaps; relax your arm to your side while carefully holding the tape; read number in mirror to the nearest 0.1 cm

**Chest:** place tape around chest just at armpit level; relax your shoulders and stand normally while loosely hold the tape so that there are no gaps; read number to the nearest 0.1 cm





**Breast:** place the tape around back and breasts at largest point; loosely hold the tape so that there are no gaps; read number to the nearest 0.1 cm (hint: check in a mirror to make sure the tape is parallel to the ground.)



**Diaphragm:** place the tape around the back and just under breast line; loosely hold the tape so that there are no gaps; read number in mirror to the nearest 0.1 cm (hint: check in the mirror to make sure the tape is parallel to the ground all the way around.)



**Abdomen:**

1. place the tape around the abdomen at belly button level checking to make sure that it is evenly parallel to the ground; loosely hold the tape so that there are no gaps; read number to the nearest 0.1 cm (hint: check in the mirror to make sure the tape is parallel to the ground all the way around.)
2. take in a deep breath and slowly let it out to make sure you have relaxed stomach-area muscles to take a good reading



**Hip:** place the tape around the buttocks and at the crease line between the leg and torso (at the widest bony part at the top of the thighs) checking to see that the tape is evenly parallel to the ground; loosely hold the tape so that there are no gaps; read number to the nearest 0.1 cm

**Thigh:**

1. check for the midhigh point by placing the tape at the hip bone along the side of the thigh to the side of the knee cap and mark the spot;  
2. sitting on the edge of the bed or a chair so that the thigh is relaxed, wrap the tape around the center of the thigh; loosely hold the tape so that there are no gaps; read number to the nearest 0.1 cm



**Calf:** sitting on a flat surface, place the foot on the level of the torso so that it is relaxed; place the tape around the largest part of the calf; loosely hold the tape so that there are no gaps; read number to the nearest 0.1 cm