



MEASUREMENTS							
	START	DATE	DATE	DATE	DATE	DATE	FINISH
CHEST							
UPPER ARM LEFT							
UPPER ARM RIGHT							
WAIST							
HIPS							
THIGH LEFT							
THIGH RIGHT							
WEIGHT							
BLOOD PRESSURE	BASELINE RESULT						FINISH RESULT
BLOOD SUGAR	BASELINE RESULT						FINISH RESULT



LifeAssist will record your **START** and **FINISH** results.

Track your measurements monthly (same day each month).

Bring your chart to the final Health Screening session.

Get a free personalised diet and exercise programme from LifeAssist.

Aim for improvements in overall health — shape, blood sugar, and blood pressure.

HOW TO MEASURE BODY CIRCUMFERENCE

Use a flexible measuring tape

Position the tape correctly

- Ensure a snug fit — keep it level and not too tight or too loose
- Keep a natural, relaxed posture with arms at the sides
- Take the measurement — note the number where the tape meets

CHEST: Measure directly under breasts as high up as possible (females), and nipple level (males)

HIPS: Measure around the widest part of the hipbones

THIGHS: Measure around fullest part of L and R upper leg, standing

UPPER ARM: Measure above elbows L and R — around fullest part



Check out
LifeTrack online

Book your **FREE** personal consultation with a Dietician, Biokineticist, Life Coach, or Counsellor

Call **0860 111 322**

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