



How to Take Body Composition Measurements

Remember to wear similar clothing each time you do these and do them around the same time of day. If possible, use the same scale and tape measure.

Weight: Take your weight in bare or stocking feet and be sure to remove keys, loose change, phones, etc from pockets. Record your weight in pounds.

Waist: Place the measuring tape about 1/2 an inch above your belly button (at the narrowest part of your waist) to measure around your body. Exhale and measure before you inhale again.

Hips: Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.

Thigh: Measure around the largest part of one thigh. Measure that same thigh each time.

Other helpful hints:

- When taking measurements, stand tall with your muscles relaxed and your feet together.
- When measuring, apply constant pressure to the tape (so it doesn't sag) without pinching the skin.
- Use a flexible measuring tape, such as plastic or cloth.
- Measure under the same conditions each time, such as wearing the same clothes.
- Measure yourself in front of a mirror to make sure the tape is positioned correctly. If possible, have someone else do the measuring for you.
- The place to take some of these measurements will vary slightly from person to person. To ensure accuracy, just remember to take them in the same place on your body each time.