

#37DaysChallenge

How to measure yourself

Measurement guide for male



FTTM
FITNESSTALKS

1. SHOULDER WIDTH

Measure straight across the back from the top of one shoulder to the other.

2. CHEST

Measure around the fullest part of your chest, keeping the measuring tape horizontal.

3. WAIST

Measure around the narrowest part of your waist (about two fingers width higher than your belly button). keeping the measuring tape horizontal.

4. HIPS

Measure around the fullest part of your hips and bottom, keeping the measuring tape horizontal.

5. THIGH

Measure around the fullest part of your thigh, keeping the measuring tape horizontal.

To ensure accurate measurements, please keep the following guidelines in mind:

Shoulder-back measurements: Measure straight across the back, starting from the top, to determine the width of the shoulders.

Waist, Hips, Chest, and Thigh measurements: Take circumference measurements around these areas using a measuring tape.

While taking your photos, please consider the following additional points:

Clothes: Wear the same type of clothing on both the 1st and 37th day of the challenge. This will help maintain consistency in the measurements.

Comfortable fit: While your clothes should not be too loose, it is important that they are comfortable to wear when you are clicking the photo.

Photo angle: When capturing progress photos, make sure to maintain a consistent angle as shown in figure to accurately observe changes in your body

A reference image for photo Angles is given below so that members can consider those.

