

Body Measurement Tracker

Track body measurements consistently without relying on one daily scale reading.

Measurement rules

Measure at the same time of day, use the same tape position, keep the tape level and avoid pulling it tight. Trends matter more than one reading.

Measurement log

Date	Waist	Hip	Chest	Thigh	Arm	Notes

Context notes

Factor	Notes
Training phase	
Cycle, stress or sleep	
Diet consistency	
Injury or recovery	

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