TEXAS
Health and Human Services

Form 8670
September 2011-E

Texercise

Daily Physical Activity Log

Week No. _____

Measuring Waist Circumference:

For accurate measurements it is best to measure with the measuring tape against your skin.

1. Find the narrowest part of your stomach or use the midpoint between your last rib and the top of the hipbone.
2. Place the measuring tape around this area making sure it is parallel to the floor. Apply some tension to the measuring tape without pulling it too tight.
3. Read the measurement when your stomach is relaxed and at the end of an exhalation.
4. Record this measurement to evaluate your progress.

Weight (lbs): _____ Waist Circumference (inches): _____

Date	Activity	Duration	Notes

You may want to leave this page blank to make copies as needed.