

The Four Hour Body Taking Measurements Cheat Sheet

Three Simple Steps to Getting Your Measurements:

Step 1. Take your before circumference measurements. Get a simple tape measure and measure four locations

1. Both Upper Arms (mid bicep) [example here](#)
2. Waits (horizontal at naval)
3. Hips (at widest point below Waist)
4. Both Legs (mid-thigh)

Total these numbers to arrive at your **Total Inches (TI)**. Changes in this total will be meaningful enough to track.

I have created a special 4 hour body “BODY MEASUREMENT WORKSHEET”. Take your time to record this data, it will act as a guide as you begin your diet. I recommend that you return here instead of the scale to track your progress.



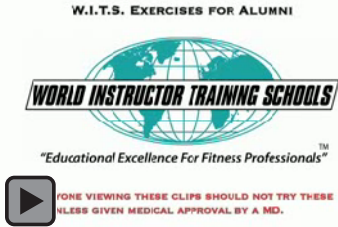
Download as Excel Worksheet | [FOR MEN](#) | [FOR WOMEN](#) |

Date: Resting HR: bpm Weight: lbs Age: yr Height: in BMI: Skinfold measurements: Pectoral Millimeter(mm) Abdominal Millimeter(mm) Thigh Millimeter(mm) Triceps Millimeter(mm) Subscapular Millimeter(mm) Suprailiac Millimeter(mm) Axilla Millimeter(mm) Body Fat Percentage: % Body Mass Index: Basal Metabolic Rate: kcal TDEE: kcal Body Measurements (Inches) Waist Right Left Hips Left Mid-Thigh Total Inches (TI)	Date: Resting HR: Weight: Age: Four Hour Body Body Composition Height: Skinfold measurements: Pectoral Millimeter(mm) Abdominal Millimeter(mm) Thigh Millimeter(mm) Triceps Millimeter(mm) Subscapular Millimeter(mm) Suprailiac Millimeter(mm) Axilla Millimeter(mm) Body Fat Percentage: % Body Mass Index: Basal Metabolic Rate: kcal TDEE: kcal Estimated Daily Caloric Need For Weight Loss (lb/week): Body Measurements (Inches) Waist Left Right Hips Right Mid-Thigh Total Inches (TI)
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Step II. Estimate your body-fat (BF%) based on the “Eyeballing It” slider (or use the above Excel spreadsheet with skinfold calipers)

What should your body fat goals be?

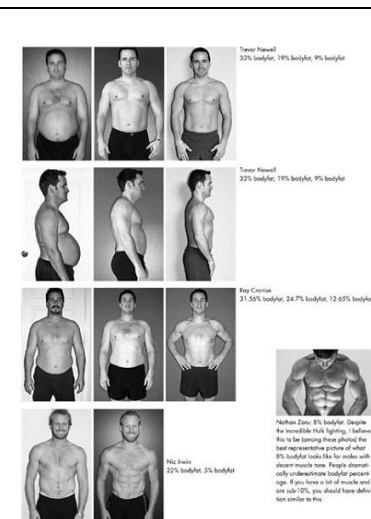
The American Council on Exercise uses the following categories based on percentage of body fat:

			<u>Skin Caliper Demo</u>	
	Women	Men		
Essential fat	10-12%	2-4%		
Athletes	14-20%	6-13%		
Fitness	21-24%	14-17%		
Acceptable	25-31%	18-25%		
Obese	32% or more	26% or more		

Tim Ferriss Four Hour Body: Body Fat Goals

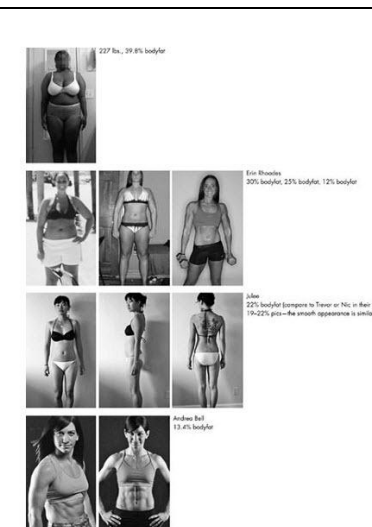
For Men

- If obese, aim for **20%**
- If you have just a bit of extra padding, aim for **12%**
- Click here for a [Large Blown Up Version of these Photos](#)



For Women

- If Obese, aim for **25%**
- If you have just a bit of extra padding, aim for **18%**
- Click here for a [Large Blown Up Version of these Photos](#)



Step III. Choose the Best Tool and Schedule a Session

- If your over 30% body-fat, avoid calipers and use DEXA, BodPod, or ultrasound, in that order.
- If you are under 25%, still aim for DEXA, BodPod, or ultrasound.
- If you cannot find these opt for calipers with a qualified professional and request the 3-point or 7-point Jackson Pollock Algorithm.

Professional Resources:

- [BODPOD](#): Use this site to find BodPod assessment centers
- [BodyMetrix](#): Hand-held device uses ultrasound to measure body composition down the the millimeter.
- [Find DEXA](#): About \$49 use this to find a local center.

Tim's recommended tools for Body Composition:

- [Escali High-Capacity Bathroom Scale with Body Fat/Body Water Monitoring \(440lb / 200kg\)](#): Measures weight and percentage of body fat for up to 10 users.
- [Withings Wifi Body Scale](#) (\$159, really great scale automatically uploads your tracking data to the web each time you step on the scale, a bit pricey but well worth the investment)
- [Orbi Tape Measure](#): The armed services' choice for physical examinations.
- [Slim Guide Skinfold Calipers](#): These are the most widely used calipers in the world.
- Get all of these products in [one click from Amazon.com](#)