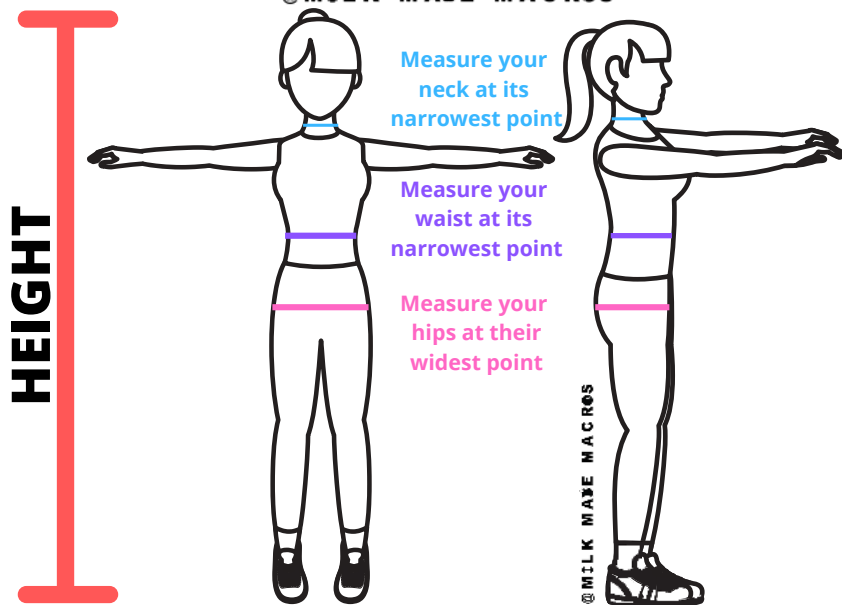


# How to Take Body Measurements

@MILK MADE MACROS



I prefer using the US Navy formula for estimating body fat percentage, because it allows for the smallest margin of error for the postpartum mom. The fewer data points that there are to collect, the fewer chances for error with the tape measure. Also, since edema, engorged breasts, and diastasis recti can skew measurements, it's best to measure the areas least impacted by these factors. Unfortunately, a waist measurement just can't be avoided, but at least we can leave out the chest, wrist, thighs, and calves. I collect this information as a data point reference only, so don't accept the value as fully accurate. I am simply looking for consistency in trends over time. A consistent measurement is more important than an accurate percentage.

Because tension on a traditional tape measure can vary between uses and users, I recommend using this type of measuring tape: <https://amzn.to/2ZPLShw> And yes, I recommend a two pack because your kids WILL take it from you to play with and they WILL lose it.