

Weight & Waist Tracker

A simple log for your weight and waist measurement

What this is

A printable log for recording your weight and waist measurement over several weeks. Waist size is a simple, well-studied way to check for extra weight carried around the middle, which matters for heart health beyond what weight alone tells you. Weigh yourself as often as feels useful (many people do once a week); your waist changes slowly, so once a month is usually enough.

How to measure your waist correctly

- 1 **Find the right spot.** Locate the top of your hip bone and the bottom of your ribs. Measure at the midpoint between the two — for most people, this is right around belly-button level.
- 2 **Use a flexible tape measure** (the kind used for sewing works well) and wrap it around your bare stomach at that spot, keeping it level all the way around.
- 3 **Stand up straight** and relax — don't hold your stomach in or suck it in.
- 4 **Keep the tape snug but not tight.** It should sit flat against your skin without squeezing or leaving a mark.
- 5 **Breathe out normally, then read the number** before you breathe back in.
- 6 Write the number down in inches. You don't need to measure it daily — once a month is plenty.

Why waist size matters (NIH / CDC guidance)

Group	Increased Health Risk
Men	Waist above 40 inches (102 cm)
Women	Waist above 35 inches (88 cm)

This is a screening guide, not a diagnosis. A waist size above these numbers is linked to higher risk for heart disease and type 2 diabetes, but your doctor will look at your full picture, not just this one number.

A note before you start

This log is a tool for organizing your own measurements so you and your doctor can spot patterns together. It does not diagnose, treat, or replace medical advice. Always follow the care plan your physician has given you, and bring this log to your next appointment.

Weight & Waist Log — Weeks 1-4

Date	Weight (lb)	Waist (in)	Notes

Notes for the doctor (diet changes, exercise, symptoms, etc.):

Weight & Waist Log — Weeks 5-8

Date	Weight (lb)	Waist (in)	Notes

Notes for the doctor (diet changes, exercise, symptoms, etc.):
