**Title: Get Your Stats!**

**Description: Measure yourself to see how far you’ve come, and know where you want to go.**

What’s your BMI? What’s your waist circumference? Take a moment today and measure yourself. Take a tape measure and measure your waist. Wrap the tape measure around your natural waist, just above your naval. Make sure the tape measure is snug against your skin, but not too tight. Also make sure it is even and parallel with the floor. Record your measurement here [X]. What do your BMI and waist circumference tell you?