

How do I record and chart body site measurements?

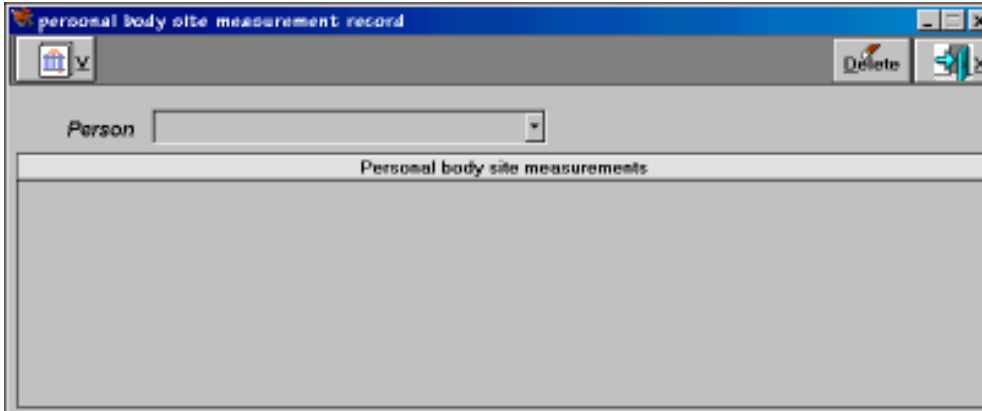
The purpose of this training sheet is to show you how you can record body site measurements and obtain a chart of the change in these values over time.


Recording body site measurements

From the main menu bar, select the **P**erson option, then select **P**ersonal body site measurements



the personal body site measurements record screen is displayed as shown below:



Click the  to display a drop-down list of persons. Select the person¹ for which values are to be entered.

The personal body site measurements details area will now display a table with columns for day, calf, thigh, hip, belly, waist, chest, underarm, neck, arm, forearm, wrist and notes.

Enter a number for the day, enter the body site measurement values (in cms) and any notes you want to record. An example is shown below:


Personal body site measurements													
	Day	calf	thigh	hip	belly	waist	chest	under arm	neck	arm	fore arm	wrist	notes
	1	18.	24.	95.	86.	80.	94.	90.	30.	15.	12.	12.	initial (15/6/2003)

Continue to record the body site measurement values:

Personal body site measurements													
	Day	calf	thigh	hip	belly	waist	chest	under arm	neck	arm	fore arm	wrist	notes
	1	18.	24.	95.	86.	80.	94.	90.	30.	15.	12.	12.	initial (15/6/2003)
	2	17.8	23.8	94.5	85.	78.	94.1	88.	29.8	14.9	12.8	12.	follow up (29/6/2003)
	3	17.6	23.6	94.	84.	76.	94.	87.	29.7	14.8	12.8	11.95	follow up 15/7/2003)
	4	17.8	23.8	93.5	83.	74.	93.9	86.	29.6	14.7	12.7	11.9	follow up (27/7/2003)
	5	17.7	23.7	93.	84.	76.	93.5	84.	29.7	14.65	12.6	11.8	follow up (12/8/2003)
*													

¹ : If there are no persons in the drop-down list you need to create a quick food intake to create a person.

Charting your progress

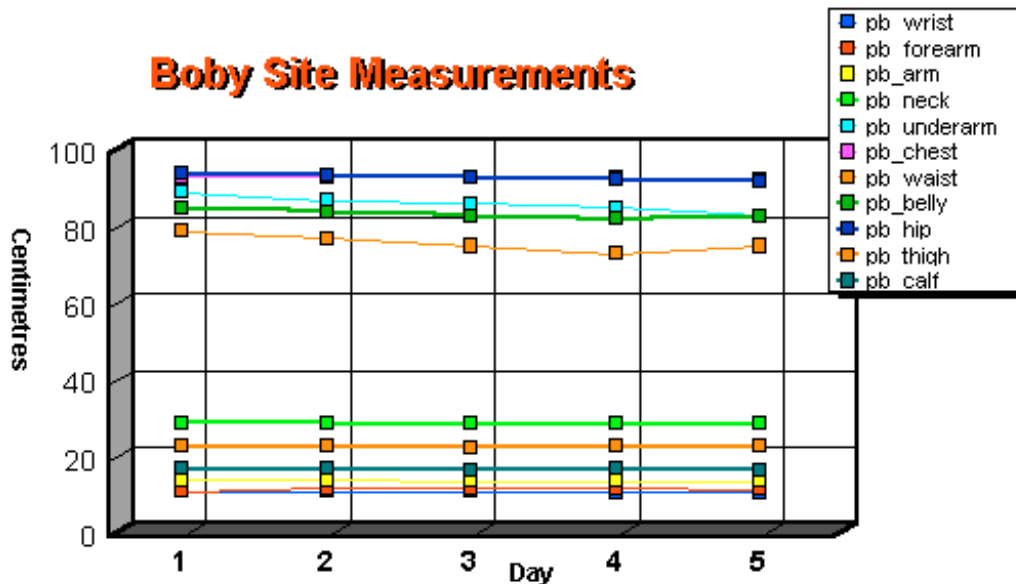
Click  to view a chart of your progress. A graph such as shown below will be displayed:



Personal Body Site measurements

Name: test

Day	Calf	Thigh	Hip	Belly	Waist	Chest	Under arm	Neck	Arm	Forearm	Wrist
1	18.0	24.0	95.0	86.0	80.0	94.0	90.0	30.0	15.0	12.0	12.0
2	17.8	23.8	94.5	85.0	78.0	94.1	88.0	29.8	14.9	12.8	12.0
3	17.6	23.6	94.0	84.0	76.0	94.0	87.0	29.7	14.8	12.8	12.0
4	17.8	23.8	93.5	83.0	74.0	93.9	86.0	29.6	14.7	12.7	11.9
5	17.7	23.7	93.0	84.0	76.0	93.5	84.0	29.7	14.7	12.6	11.8

Notes
 initial (15/6/2003)
 follow up (29/6/2003)
 follow up 15/7/2003)
 follow up (27/7/2003)
 follow up (12/8/2003)



You can print this chart by clicking  or export the information to a spreadsheet or word processing program by clicking  To exit the report click 