

# Measurement Log Template

Record rib, bust, sister sizes, and fit notes to monitor changes over time.

Date	Band (standing)	Band (exhale)	Bust (standing)	Bust (leaning)	Calculated size	Sister sizes to test	Fit notes / comments

Tip: log time of day and any conditions (exercise, nursing, medication) that may influence measurements.  
Compare entries quarterly to determine when band or cup adjustments are needed.