Please watch Matt's BLAST fitness camp measurements section at this link http://www.youtube.com/watch?v=y3KSQRzHTwA
This is probably best done at the weekend, depending on your work schedule. Try to record it at the same time of day each measurement session.
Record your results below

DATE (dd/mm/yr)	CHEST	UPPER ARM	WAIST	HIP (ball and socket)	GLUTEAL FOLD (bottom of bum)	THIGH (4 inches up from the top of the knee cap)	WEIGHT (use scales, not in video)