

# ENRGISE PILOT STUDY: WAIST CIRCUMFERENCE & HEIGHT

Visit Date //  
Completed

Staff ID

Rev: \_\_\_\_\_

DE: \_\_\_\_\_

Date: \_\_\_\_\_

## Section 1: Waist Circumference

*Record Measure 1 before completing Measure 2 and only record Measure 3 if first two measurements are not within 0.5 cm.*

1. Waist Circumference  
Measurement 1 . cm

2. Waist Circumference  
Measurement 2 . cm

3. Is Measure 1 and Measure 2 >0.5 cm  
apart?   
1  Yes →  
2  No

3a. Waist Circumference  
Measurement 3 . cm

## Section 2: Height (Only measured at Baseline)

*Record Height in centimeters:*

4. Height . cm

5. Is participant standing sideways due to kyphosis?  
1  Yes  
2  No