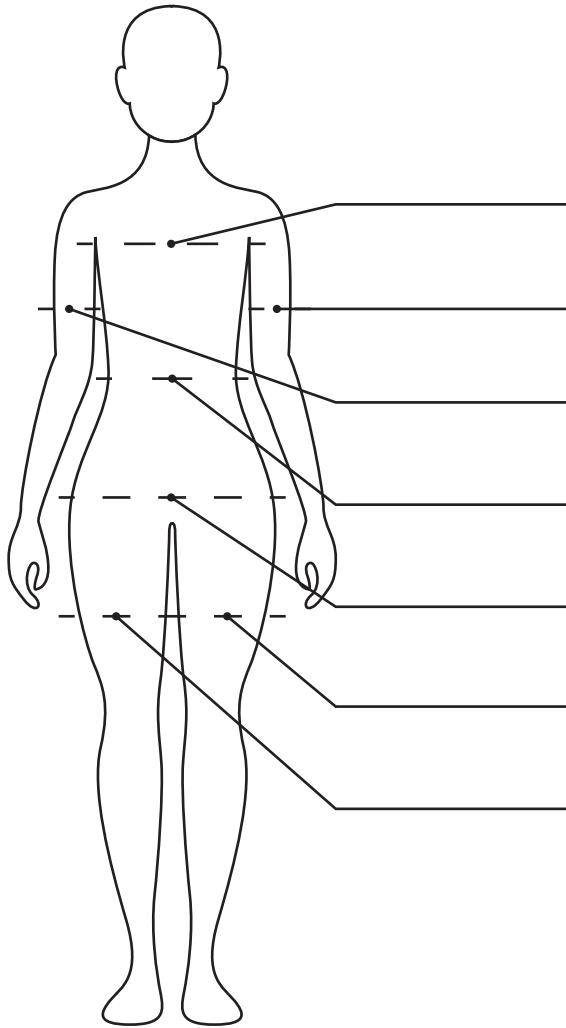


MEASUREMENT GUIDE



DAY	2	16
CHEST		
LEFT ARM		
RIGHT ARM		
WAIST		
HIPS		
LEFT THIGH		
RIGHT THIGH		
WEIGHT		

Tip: Use the tape measure from your IDLife Launch Pack for accuracy!

Chest: Measure around the fullest point of your chest. For females, wear a bra when doing this measurement.

Arm: Measure around the fullest part of your arm.

Waist: Measure around the smallest part of your waistline.

Hips: Measure around the fullest part of your hips, keeping the tape parallel to the floor.

Thigh: Measure around the fullest part of your thigh.