

Before you get started on your transformation journey, you need data. Body measurements are a piece of that data. To take your measurements, please follow the tips and steps below:

Tips before beginning:

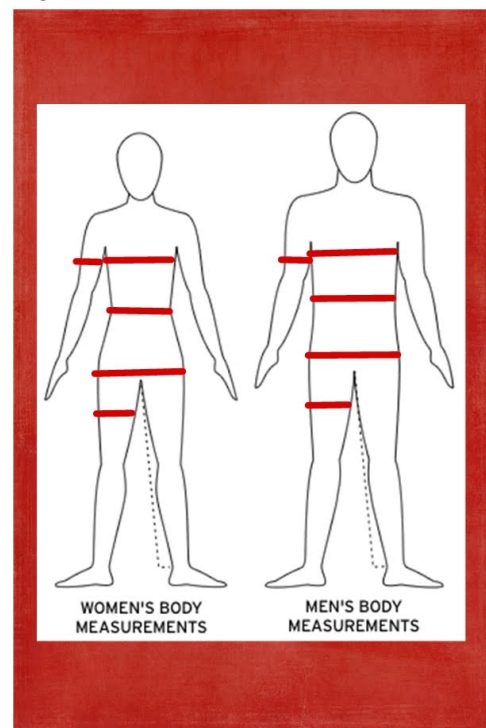
- Use a flexible (cloth or plastic) tape measure, not a metal one.
- When you measure, make sure the tape is level and neither too tight nor too loose.
- Measure yourself on your bare skin, not over clothes.
- Measure both arms and both legs.
- Don't trust your memory — be sure to write the measurements down!

You will take five different measurements: **chest, upper arms, waist, hips, thighs.**

1. **Chest:** Measure the circumference of your chest. Place one end of the tape measure at the fullest part of your bust, wrap it around (under your armpits, around your shoulder blades, and back to the front) to get the measurement.
2. **Upper Arms:** Measure the circumference of the bicep. To do this, make a muscle and measure from front to back and around to the start point. Repeat on opposite arm.
3. **Waist:** Measure the circumference of your waist. Use the tape to circle your waist (sort of like a belt would) at your natural waistline, which is located **slightly above or at the level of your belly button** and below your rib cage (If you bend to the side, the crease that forms is your natural waistline). Don't suck in your stomach, or you'll get a false measurement. If you usually wear your clothes below your waist, take that measurement too.
4. **Hips:** Measure the circumference of your hips. Start at one hip and wrap the tape measure around your rear,

around the other hip, and back to where you started. Make sure the tape is over the largest part of your buttocks. It may help if you can do it in front of a mirror.

5. **Thighs:** Measure the circumference of your thigh. Start at the bottom of the knee and measure up your thigh 10 inches from the bottom of the knee. At that point, wrap the tape measure around your thigh from front to back to get your measurement. Repeat on opposite leg.



We want you to be able to see your progress. The best way outside if the way you feel is the way you look. Please provide 3 photos (front, back, and side shots). Please see the photo guide and picture examples below for details on how to take your picture. Take all photos in portrait orientation (vertically). Please email your photos to kimlevfit@gmail.com.

Tips before taking your pictures:

1. Choose a plain background with plenty of light.
2. Wear fitted clothes (sports bra, leggings, shorts, tank top, etc). Do not wear baggy clothes, you want to be able to see your body.
3. Stand straight and avoid slouching or leaning over.
4. Your pictures are confidential and will not be shared without your expressed consent.

Photo 1: Front

Stand facing the camera and stand with your feet shoulder-width apart. Move your arms away from your body but make sure your entire body is in the picture. Stand tall and take the picture.

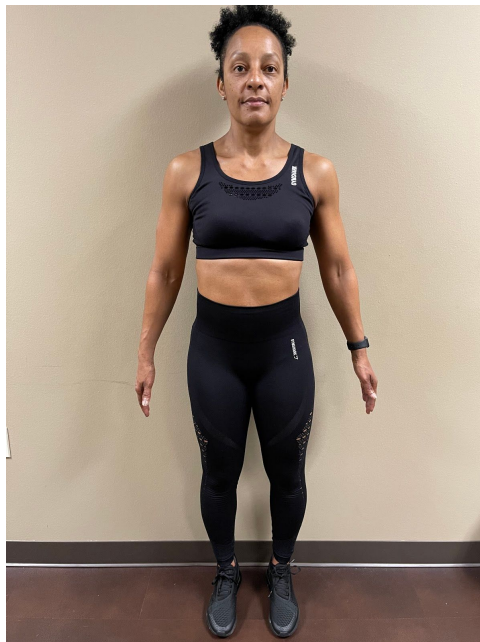


Photo 2: Back

Stand with your back to the camera and stand with your feet shoulder-width apart. Move your arms away from your body but make sure your entire body is in the picture. Stand tall and take the picture.



Photo 3: Side

Turn to your side and stand with your feet shoulder-width apart. Move the arm closest to the camera back away from your body but make sure your entire body is in the picture. Keep the arm furthest from the camera by your side. Stand tall and take the picture.

