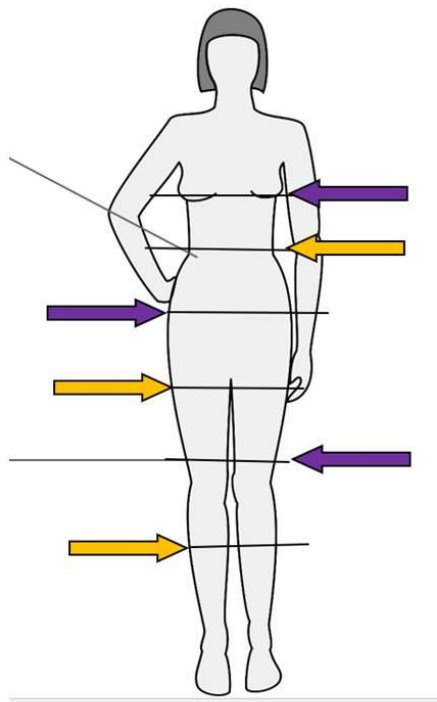


# The QUARANTINE

# 15



## Measurement Guide

Hold tape measure closed but do not pull tight.

- Bust: Around the back and chest at nipple line.
- Arms: At the bottom of the deltoid about halfway down the arm. Both sides.
- Waist: Smallest girth.
- Hips: Greatest girth.
- Thighs: Very top of thigh. Both sides.
- Knees: Just above the knee cap. Both sides.
- Calves: Half the distance down. Both sides.

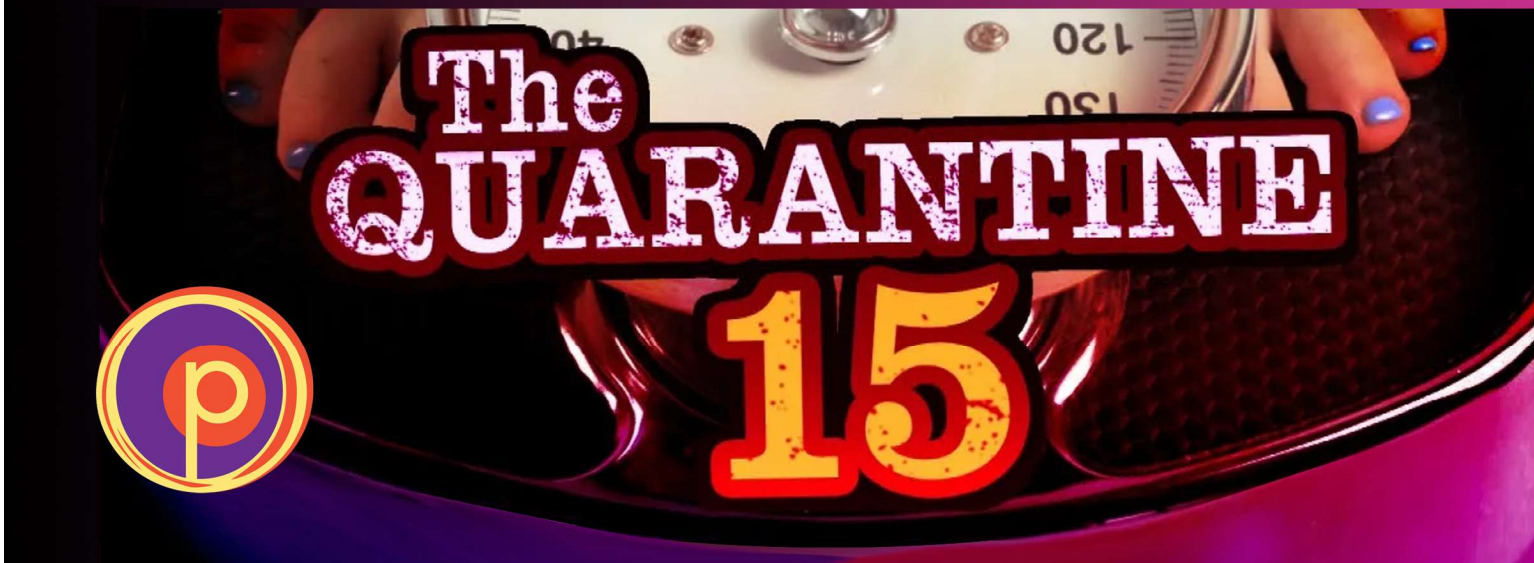
If you have someone to help measure you, it may work better. The important thing is to take them and write them down!

Your size matters more than the scale!



Please remember to add date at the top of each week.

Measurements	Week 1		Week 2		Week 3	
BUST						
ARMS (R/L)						
WAIST						
HIPS						
THIGHS (R/L)						
KNEES (R/L)						
CALVES (R/L)						



You may use an [online template](#) to store your before and after pics or print and cut and paste here. Just be sure you take them! And show some skin!