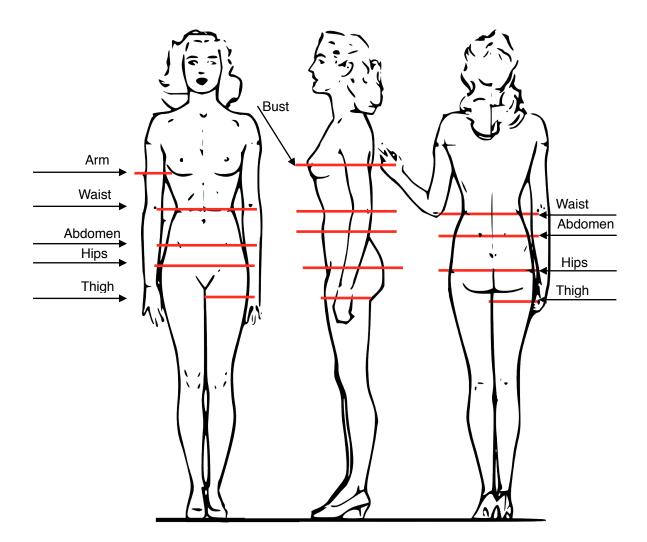
## Take Your Measurements

Before starting your program, it's important to measure yourself. You want to know when you're losing centimetres or inches as your body composition changes. Measure yourself once a week, using the guidelines here.

## Here's where to measure:

Bust: Fullest part of the bustWaist: At or slightly above the navelAbdomen: 10cm/3 inches below navel in line with hip bonesHips: Fullest part of your buttThigh: Just below butt cheek (measure both legs)



All material is provided for informational or educational purposes only, and is not intended as a substitute for the advice provided by your healthcare professional. © All rights reserved