



Measuring Tips

Do not let the measuring tape sag. Be certain that the measuring tape is parallel to the floor all the way around. In order to achieve this, have someone else measure you or stand in front of the mirror to ensure the tape is level. Also, do not cinch the measuring tape so tight to the point that the skin overlaps the tape – a little loose is better than too tight. All measurements from the waist down should be done with the legs together for consistent accuracy. You'll be amazed at the significant results you are achieving when you track body measurements!

Measure the following upper body areas:

| | |
|--------------------|--|
| Neck | (But, not too tight! We don't want your program to abruptly end before it starts!) |
| Shoulders | (Entire circumference of the body – shoulder to shoulder - 2" below the top of the shoulder) |
| Bust/Chest | (Under the arms - entire circumference of the fullest part of the bust line for Women and chest for Men) |
| L upper arm | (Arm resting at your side) |
| R upper arm | (Arm resting at your side) |

Stand with feet together for the following lower body areas!

| | |
|----------------------|---|
| Waist | (At the narrowest part) |
| Belly | (2" below the belly button) |
| Hips/Butt | (Fullest part of the rear end which may include the top of the thighs; AKA "saddle bags") |
| L upper thigh | (2" below the groin) |
| R upper thigh | (2" below the groin) |
| L upper knee | (2" above the knee cap) |
| R upper knee | (2" above the knee cap) |
| L ankle | (At the narrowest part) |
| R ankle | (At the narrowest part) |

Measuring yourself after every monthly Boot Camp is best. If you have the same person measure you – there is more accuracy.

Attending Boot Camp every day, staying active outside of Boot Camp, following a nutrition plan and counting your calories daily will help you to quickly achieve the results you desire. **There are no shortcuts or easy methods. If you truly want it, then you need to stay focused.**