

The 8-Week BLISS™ Body Makeover: Measurement and Photo Sheet



Creating a Healthier, Sexier and Happier YOU!

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OK. Here's the part we're not always excited about, but it's truly necessary to measure our body parts, or how will we know how well we're doing? You CAN do this! Be brave, and grab that tape measure and let's get on with it!

	Start date ()	End of WEEK 4 ()	End of WEEK 8 ()	Total Difference ()
Chest				
Waist: Belly Button				
True waist				
Hips				
Mid-thigh				
Bicep				
Body Weight				
Body Fat % (if available)				

To record your own measurements: Let's keep it simple. All you need is a **tape measure**...

Chest: Bring the tape across your nipple line, drop your arms and measure (make sure you wear the same bra when you re-measure).

Waist: There are 2 important spots to take this measurement: We all lose weight differently, and it's important we do it 2 ways.

Belly Button: Just as it says, lay the tape across your belly button (don't suck in!) and pull taut.

True waist: 'Shimmy' the tape to the narrowest part of the waist, and measure at this point.

Hips: Measure lower down, across the widest part of the buttocks and in front along the public line.

Mid-thigh: Put your leg up on a bench and measure from hip to knee cap and take the half way point. Measure the circumference of your thigh.

Bicep: Flex your arm and measure at the widest part!

You're done! Print off, fill it in, and save it for your records. Don't forget to watch your video *How to Take Body Measurements*.

Do I Have To Take Photos?

YES! It's highly recommended, and if you want to be in the running for the Best BLISS Body Contest, I need photos, or how else can we see those amazing results? It's recommended you wear a bathing suit too!

They're easy to do, here's how you do it—5 poses in all (thanks to all the brave models!)

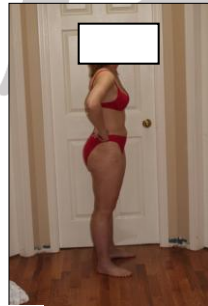
Front relaxed:



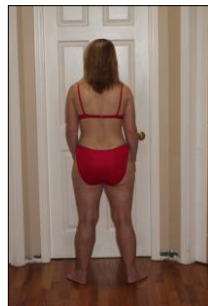
Front Bicep Pose (flexed)



Side relaxed



Back Relaxed



Back Bicep Pose (flexed)

