

Measure for Success

- 1. Take a photo of yourself in your underwear (side and front view) however much it makes you squirm – it will be the best evidence of your success**

- 2. Take your measurements at these key sites:**
 - **Waist – around belly button**
 - **Hips – widest part of your bottom**
 - **Right thigh – measure 8 inches from knee to crease upwards and take thigh measurement around the leg at that point**
 - **Right arm – biggest part of the bicep**

- 3. Repeat every 4 weeks**