

HELPFUL TIPS FOR BETTER MEASURING:

-Tie a length of narrow twill or elastic snugly, but not tightly, around the waist. Find your waist by bending to the right/left side. Don't expect it to be at the smallest place around your body.

-Put your hair up if it covers your neck and shoulders

- WEAR A GOOD BASIC BRA . Avoid extra padding/push-up options for now. Avoid sports bras that flatten for now.

-Wear smooth, close fitting knits, snug yoga/exercise gear, tights or strip down to undies if you wish. But be comfortable, because good measurements take time.

-Add your bra size to the sheet.

-If you are uneven, measure both sides of a particular area and put both on the sheet.

-Write down notes about posture, head position, extra measurements that may be useful. The worksheet is a basic tool, feel free to amend it!

-Stand in front of a plain background and have digital pictures taken of you full-length from the front, back and side views. Stand like you normally do. Smiling is ok! Upload and print them out for the program day. A dispassionate view is helpful when padding.