

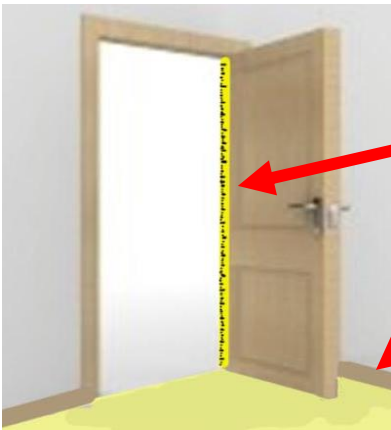
MEASURING IS EASY!

WHAT you will need...



1. Tape Measure that includes up to 1/8th of an inch measurement and is at least 84 inches long. (If using metric system, the tape needs to be a minimum of 213.36 centimeters.)
2. Masking Tape
3. Straight Edge such as a ruler.

WHERE do you measure?



A doorway is the best place to use the masking tape to secure the measuring tape. Remember number 1 is on the bottom, touching the floor.

Reason: Doorways do not have decorative wall boards at the floor. Therefore the measuring tape lies on a straight edge.

WHO does the measuring?



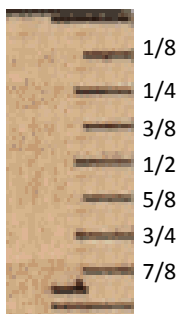
It is easier to measure if you have a friend to help you. (If you choose to measure yourself, please watch the video on our website).

The person to be measured, stands adjacent to the ruler taped on the door way.

**THE PERSON BEING MEASURED IS NOTED AS:
PBM**

HOW is the measuring done? **BAREFOOT!**

There will be 12 measurements taken. After the overview, we will explain each one individually. If you print out this form, you can use it to record your measurements in inches and fractions of inches.



The FFF solution is accurate to $1/8$ of an inch, therefore it is important to measure to that point. Below is a model of an enlarged inch broken into 8ths.



Since the tape measure is marked in inches and longer than the person being measured (PBM).

Record the measurement of the point by inches and a fraction.
Example: 66 inches (space) $5/8$.

Before You Start Measuring

Approximately 30% of the population has one side of their body that is different from the other. This can be caused by many reasons but the most common are a curvature of the spine, or a difference in one shoulder slant from the other. Sometimes one knee will be higher than the other.

Ask the client if they have this problem. If they do, then from the elbow down you will have to measure both sides of the body.



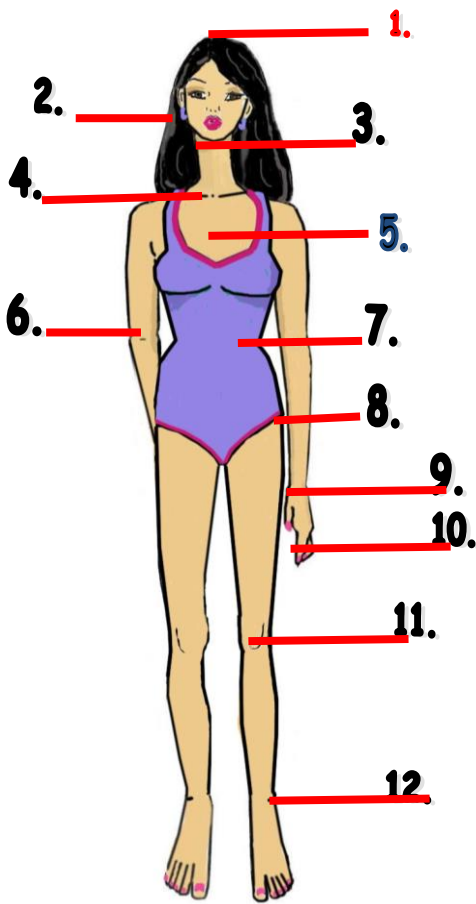
This model is an extreme example of a spine curvature. It becomes very obvious at:

- The waist where one side is higher than the other side
- It moves down to the leg/torso point where one side is higher than the other.
- Surprisingly the arms are level
- But one knee is higher than the other and she has knock knees.

The solution is to measure both sides of the body from the waist down.

PRINT OUT WORKSHEET

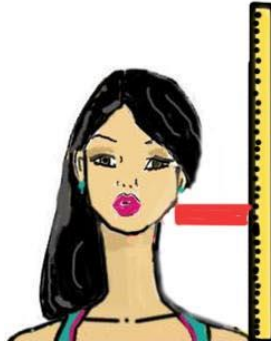
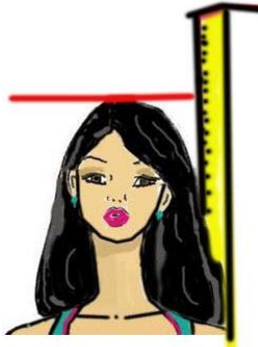
DETAILED MEASURING INSTRUCTIONS ARE FOLLOWING THIS DIAGRAM.



1. Top of Head	_____	
2. Jaw	_____	
3. Chin	_____	
4. Neck	_____	
5. Breast bone	_____	
	Left	Right
6. Elbow	_____	_____
7. Waist	_____	_____
8. Leg/Torso	_____	_____
9. Wrist bone	_____	_____
10. Knuckle	_____	_____
3 rd Finger		
11. Knee	_____	_____

The measurement should be recorded in inches and fractions of an inch. Example: 66 5/8

DURING THE FIRST 3 MEASUREMENTS IT IS VERY IMPORTANT THAT THE PERSON BEING MEASURED ((PBM) **NOT MOVE HER HEAD OR TALK.**



1. **TOP OF HEAD:**

Have the PBM stand as tall as she can. Place the straight edge on top of her head and extend out to the tape measure. Record the distance from the top of the head to the floor on the Print-out Sheet.

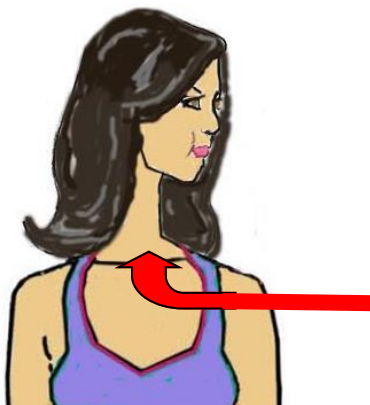
2. **HINGE OF JAWBONE:**

It is located below the ear (where the jaw bone hinges). Place straight edge and extend to the tape measure. Record the distance to the floor.

3. **CHIN:**

Place straight edge under chin and extend to the tape measure. Record the distance to the floor.

THE PBM IS NOW FREE TO TALK AND MOVE HER HEAD!

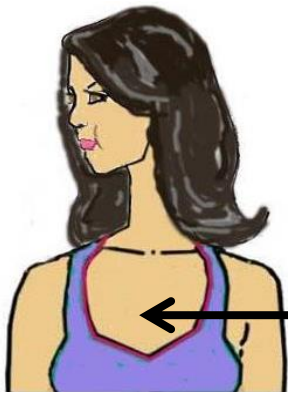


4. **BASE OF NECK:**

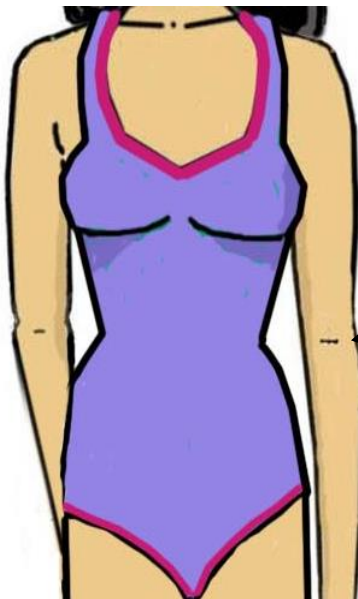
Measure the point on top of the collar bone just below the throat. Extend the straight edge to the measuring tape and record the length to the floor.

5. BREAST BONE: *(This is the only difficult measurement.)*

The breast bone either sticks out or is difficult to find. Drawn below are both front and sideways views of the chest area. Have the PBM lightly run her finger down the center of her chest, until she feels the depression. Then put the straight edge at that point, extend to tape measure and record the distance to the floor.



The breast bone is at least an inch and a half below the collar bone but, not more than 4 inches. You are feeling for the depression following the bump.

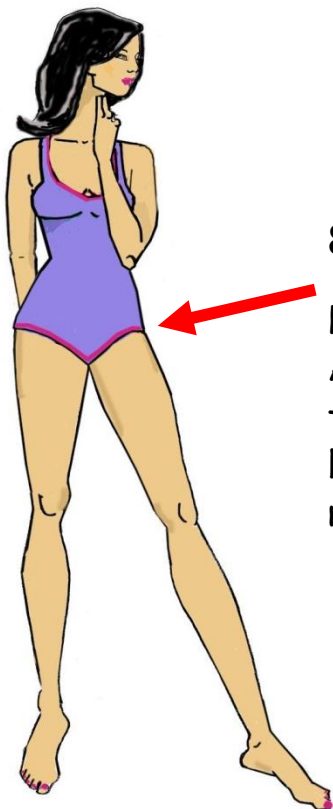
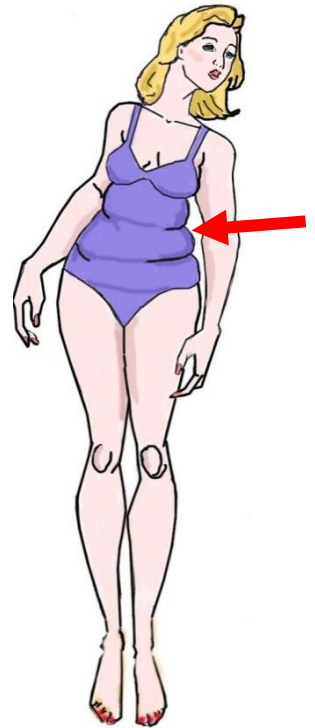


6. ELBOW: Place the straight edge at the inside of the elbow and extend it to the tape measure. Record the distance from the elbow to the floor.

7. WAIST: The waist is actually your diaphragm and it is impossible to bend below that point.

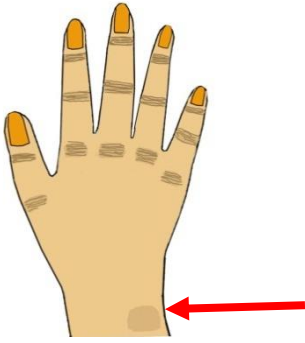


In the case of full figured woman, there are usually several layers of flesh. The lowest point the PBM can bend is the waist. If you have a doubt, put your hand on the woman's side and have her tilt her body to the side. You will feel the waist.



8. LEG-TORSO

Have PBM point toe like a ballerina. An indent will occur where the torso and leg join. Mark the point, have the PBM stand straight and measure it against the ruler tape .

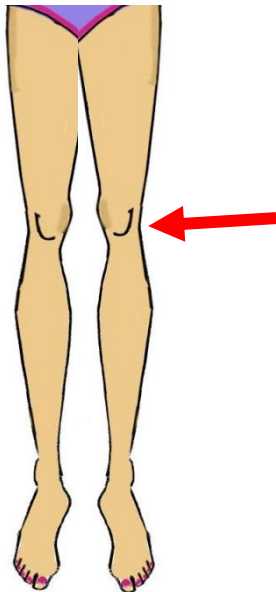
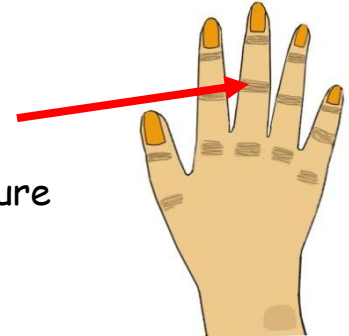


9. WRIST BONE:

The wrist bone is located at the bottom of the little finger, where the hand joins the arm. Using the straight edge measure the distance to the floor.

10. MIDDLE KNUCKLE, 3RD FINGER

Have PBM stand adjacent to the ruler tape and measure the point of her middle knuckle on 3rd finger to the floor.



11. KNEE:

Measure the middle of the knee (where it indents) to the floor.



12. ANKLE BONE

Measure the top of the outside ankle bone to the floor.

THE NEXT STEP IS TO CLICK ON THE PURCHASE SECTION. ENTER YOUR INFORMATION, YOUR MEASUREMENTS AND YOUR CREDIT CARD INFORMATION. YOUR PERSONAL SOLUTION WILL BE SENT TO YOU BY EMAIL WITHIN 72 HOURS.