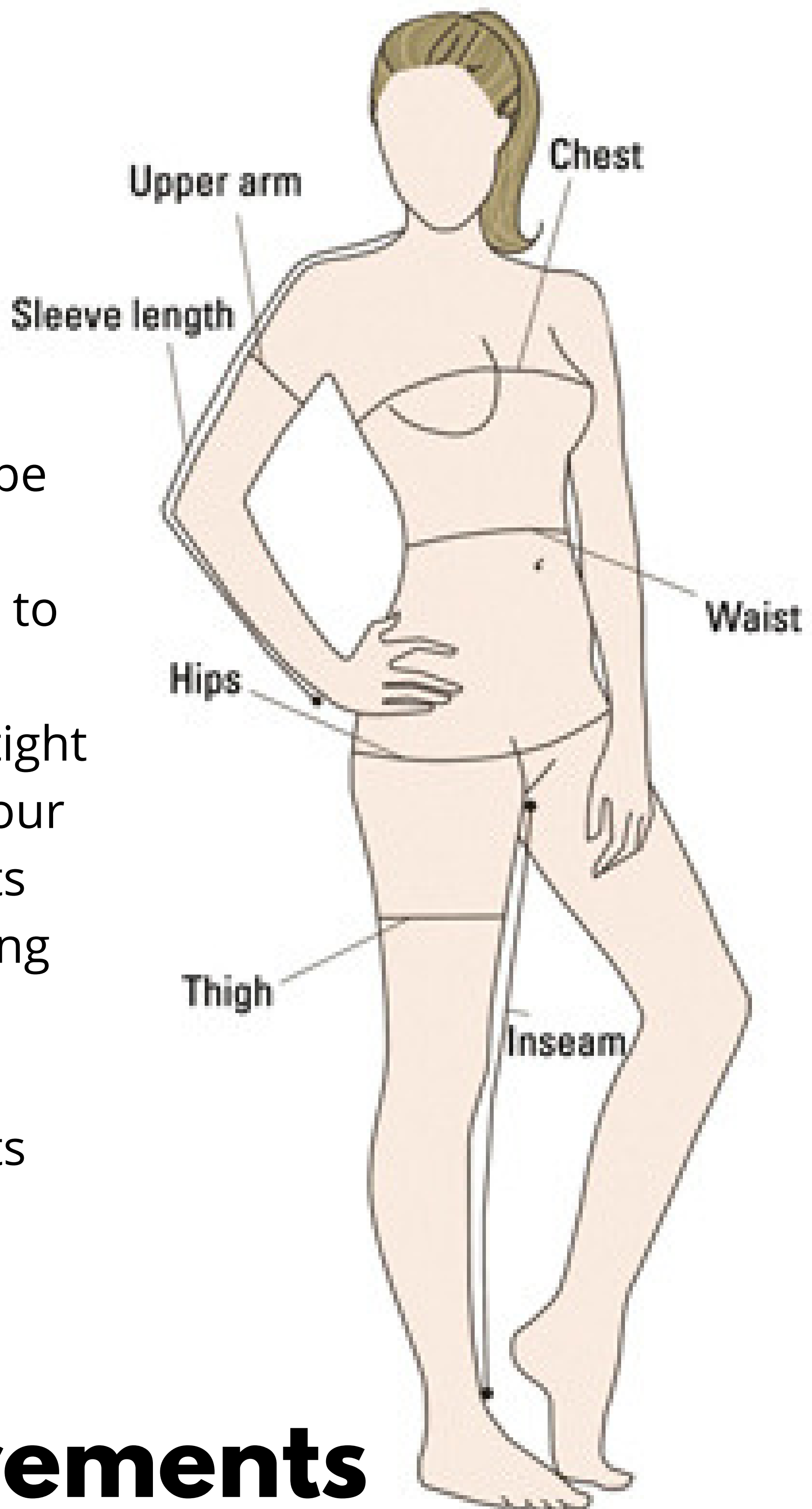




- Use a cloth tape measure
- Be careful not to pull the tape measure too tight
- Always take your measurements without clothing
- Remember to write your measurements down



Body Measurements