

## Requested Measurements

Place the measuring tape at the following areas, and record the value in centimeters or inches.

The measurements should be taken as a circumference measurement around each specified area of the body in centimeters or inches.
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A. Smallest Waist

Area right below ribs and right above your belly button
B. Navel/Midway

Just above hip bones and
passing over your belly button
C. Hips

At the hipbone/buttocks around widest part of hips

