



SWEEET 16

C H A L L E N G E

MEASUREMENT GUIDE





MEASUREMENT GUIDELINES

Tracking your progress is an important part of your success. It can be an indicator that you're doing things correctly as well as a great motivator to keep you committed. Tracking progress with thorough measurements is highly recommended and can be one of the most fulfilling parts of the process.

The instructions below outline how to properly measure your body in 9 sites so you can accurately track your progress. You will need an "assistant" to help take your measurements.

For best results make sure your assistant uses the same techniques and measures the same sites, in the same order, and at the same time of the day. Always measure your results before you workout and when you are dry since wet skin can make taking measurements more difficult. Measure just before starting the program and right after completion.



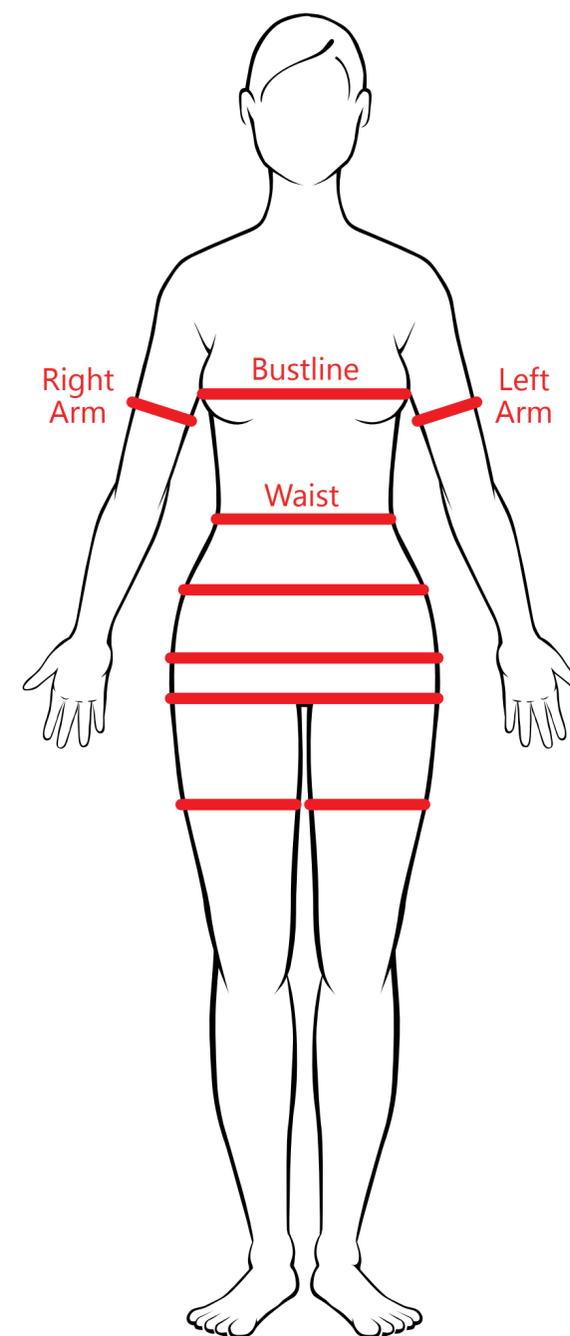


MEASUREMENT GUIDELINES

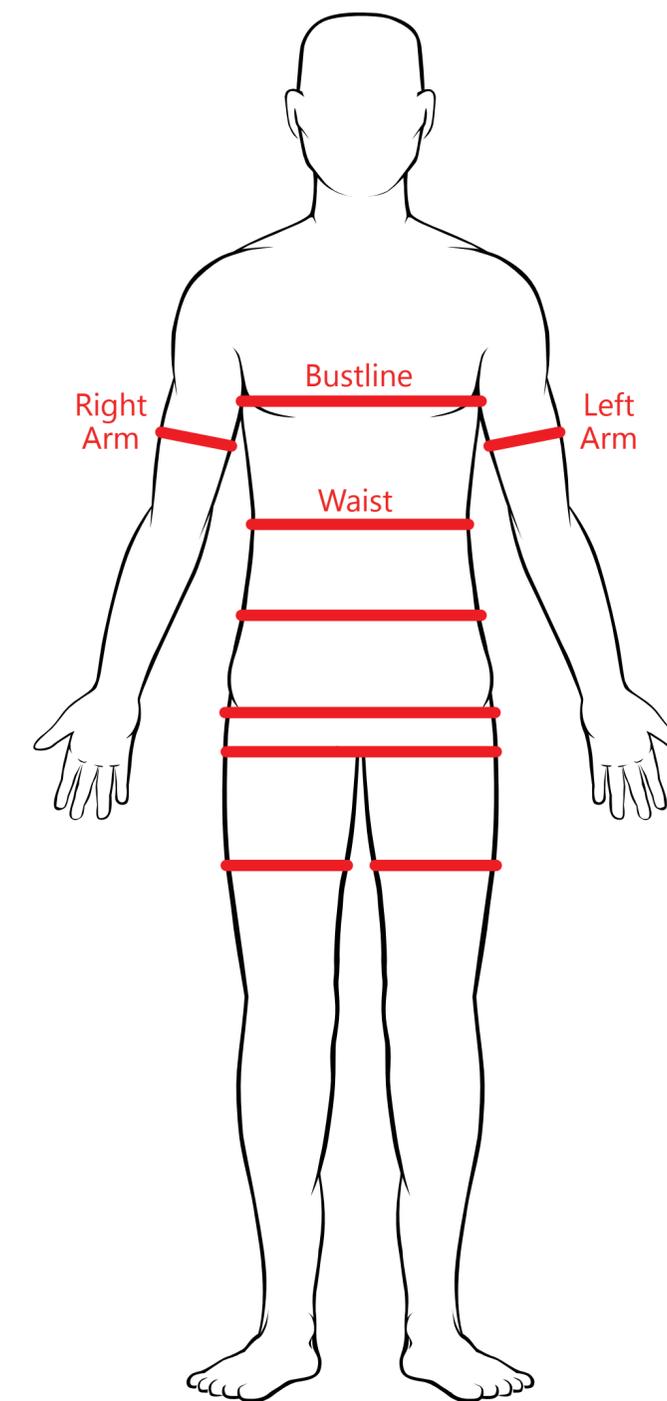
Bustline – Turn opposite your assistant with your hands out like a plane. Have your assistant put the measuring tape under your arms and over your bust line or chest line. Have them use their hands to place the measuring tape along your nipple line. Lower your hands to your sides. When you put your hands down, the tape will expand. Exhale and have your assistant take the measurement and record the number where the tape meets.

Arms – Have your assistant measure the portion of your arms between the top of the shoulder and the elbow. Record the number where the tape meets. Take the measurement of your other arm in the same manner. Don't worry if the readings are different, we aren't all symmetrical...it's normal!

Waist – Put your arms out again like a plane and have your assistant put the tape around your waist at the smallest/most narrow area and measure at that point. Record the number where the tape meets. This is not pants size waist, but the waist as defined for sports and fitness.



**WOMEN'S BODY
MEASUREMENTS**



**MEN'S BODY
MEASUREMENTS**



Navel – Put your arms out again like a plane and have your assistant put the tape around your waist and measure the waist at the center of the navel i.e., covering the belly button. Record the number where the tape meets.

Hips – Measure at the widest part of the hips/butt. Record the number where the tape meets. Ladies, I know this may not be your favorite place to measure, but it's a great indicator of progress since this can be such a problem area.

Abductors – Standing with your feet together, measure the portion of your thighs just below your glutes at about the groin level. This is a measurement of both thighs, so the tape goes all the way around you in the same manner that the waist and hips were measured. Record the number where the tape meets.

Thighs – Stand with your feet slightly wider than hips distance apart with your weight on both feet. Have your assistant put the measuring tape at your inseam and measure 6 inches down. Have them turn the tape to go around you and ask them to hold the tape with their finger so it stays level. Go around each leg and record the number where the tape meets. This area should be the largest part of the thigh.

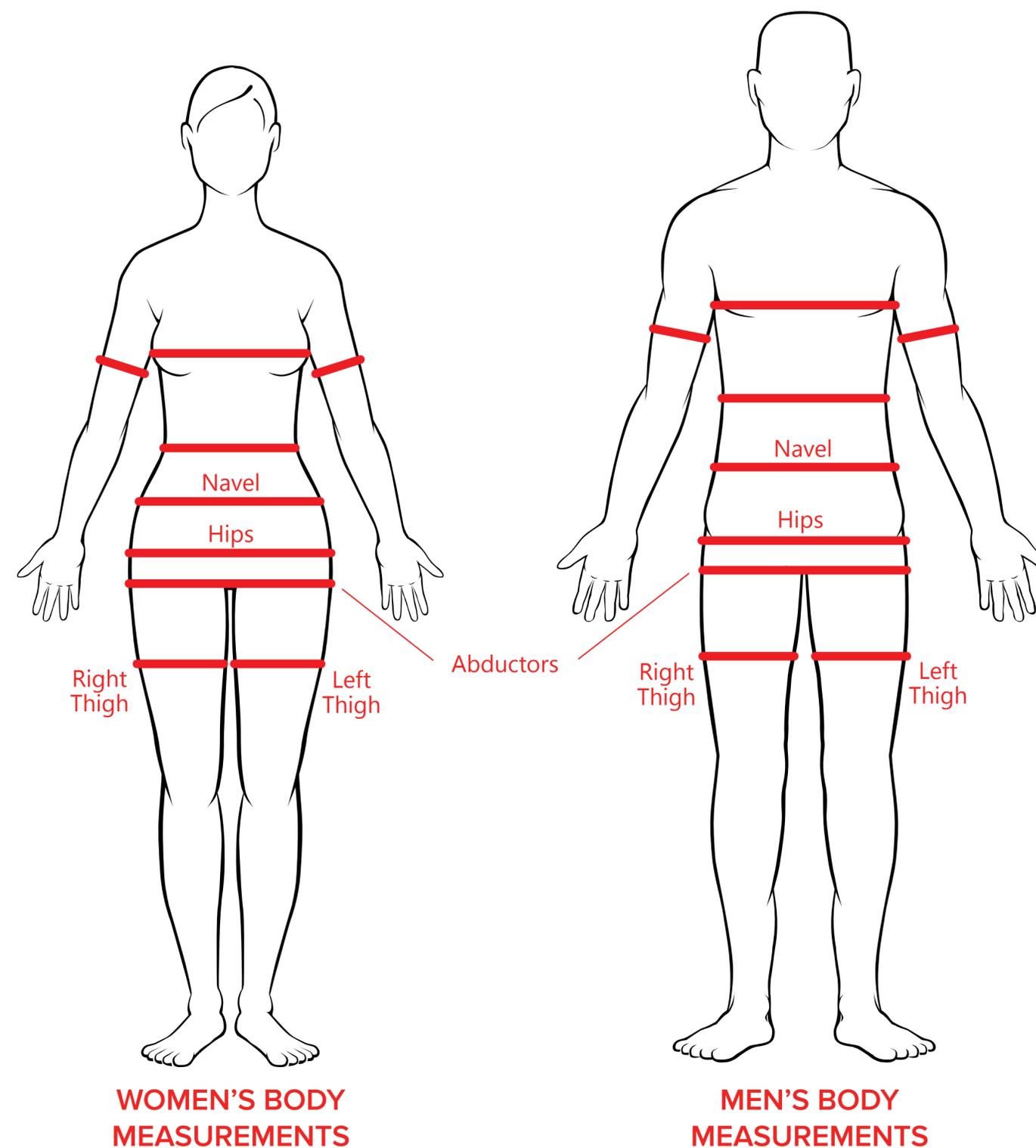




PHOTO GUIDELINES

Photos are an important part of tracking your progress and are highly recommended along with measuring your progress. Attach your photos to the 20 Minute Body Workout Calendar for a central place to keep your tracking and view your results!

For best results your photos should be full-body and from head to toe with a solid colored wall or background behind you. Women should wear a sports bra and shorts, men should be shirtless with shorts and without shoes. The idea is to be able to see the change in your body from the beginning of the program and on through completion.

1. Stand with your legs a fist width apart. Take two photos from the front at the beginning and end of the program with your hands on your hips and your hands at your sides.
2. Take two photos from your right side at the beginning and end of the program you're your hands on your hips and your hands at your sides.





3. Take two photos from your left side at the beginning and end of the program with your hands on your hips and your hands at your sides.

For best results, your clothing should be close fitting, not baggy. Use the same clothes from your Before photos in your Final photos.

Your photos should be crisp (not blurry) and show your entire body (from head to toe).

Submit your photos to be featured by 20 Minute Body or simply to share your success and inspire others!

successtories@20minutebody.com





KEEP PUSHING PLAY

I want to wish you the best of luck on your fitness journey whether this is your first time in this program or you are returning for more results. But the reality is, luck has little to do with your results...hard work, belief in yourself and accountability to your word are what will transform you.

Getting in shape is tough and staying in shape is tougher. The one bit of advice I will leave you with is **KEEP PUSHING PLAY**.

I'm not telling you it will be easy, I'm telling you it will be worth it.

In health,
— Brett

