

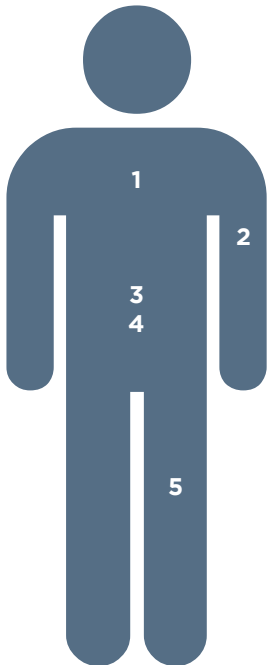
Before and afters - photos and measurements

Take before, during and after photos and measurements.

This can give you the motivation you need whenever you hit tough times during the journey because you can reflect on the progress you have made.

TAKE YOUR MEASUREMENTS

At WellMe we love to celebrate your success. If you are stoked with your transformation, send us your before and after photos or post them on the Wellness Hub Forum and we will send you a little gift to celebrate your success.



1. CHEST • PRE..... POST.....

Measure the circumference of your chest.
Ensure the tape is level and is positioned mid bust.

2. ARMS • PRE..... POST.....

Measure half way down the outside of your arm, from the top of your shoulder to the tip of your elbow. Mark this spot then measure the circumference of the arm, ensure the tape is level.

3. WAIST • PRE..... POST.....

Evenly measure the circumference of our waist. The tape should start at the belly button and measure around your entire waist.

4. HIP • PRE..... POST.....

Measure the circumference of the widest part of your hips. Ensure the tape is level

5. THIGH • PRE..... POST.....

Firstly sit down and mark the crease at the top of your thigh. Then measure half way between the centre of the crease to the top centre of the knee cap. You will mark half and this point is where you will measure the circumference of your thigh.