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**How often are you required to send your assessments? Once/month. I expect; weight, pictures, scale pic, and measurements.**

**Weight:**

**Before Pictures:**

1. Front
2. Side
3. Back

Instructions for great progress photos-

* Have someone take the picture for you, or set up your camera to take the photo hands free (i.e. no selfies).
* Photos should be taken with a relaxed stance.
* Lighting, clothing, and location should be consistent.

**Scale Pic:**

**Here are the standard areas to measure and how to measure them:**

* **Neck** (The thickest part of the neck.)
* **Shoulders**(This will require help to do correctly. With both arms by the side, measurement is taken at the widest point from one shoulder to another.)
* **Chest**(With the arms lifted up the tape measure if wrapped around the chest just above the nipple. Lower the arms and take one big deep breath in and out. The measurement is taken after the exhale.)
* **Bicep** (Either or both biceps, generally around the thickest point. Easiest way to ensure reliability is to choose a point and mark gently with a pencil. Measure the distance from the tip of the acromion to the biceps and note it down. Take the measurement at that same point each time.)
* **Waist** (Measurement is taken at the belly button. Similar to the chest, best to take a deep inhale and exhale and measurement is taken after the exhale.)
* **Hips** (Measurement is taken at the widest part of the hips.)

**Thigh** (Either or both thighs and generally around the thickest point. Easiest way to ensure reliability is to choose a point and mark gently with a pencil. Measure the distance from the Anterior Superior Illiac Spine (ASIS) and note it down. Take the measurement at the same point each time.)