



## Measure Up!

Here's how to make a tapemeasure to get your best fit:  
(you'll need a pair of scissors and some tape)

1. Print out this page at 100% on letter sized paper.
2. Cut along dotted lines.
3. Continue the inch marks in consecutive order by taping the corresponding numbers to their place at the end of each section of the ruler.
2. *Voilà!* Now you can measure yourself the proper way. Fit Mistress Ivana would be proud!