

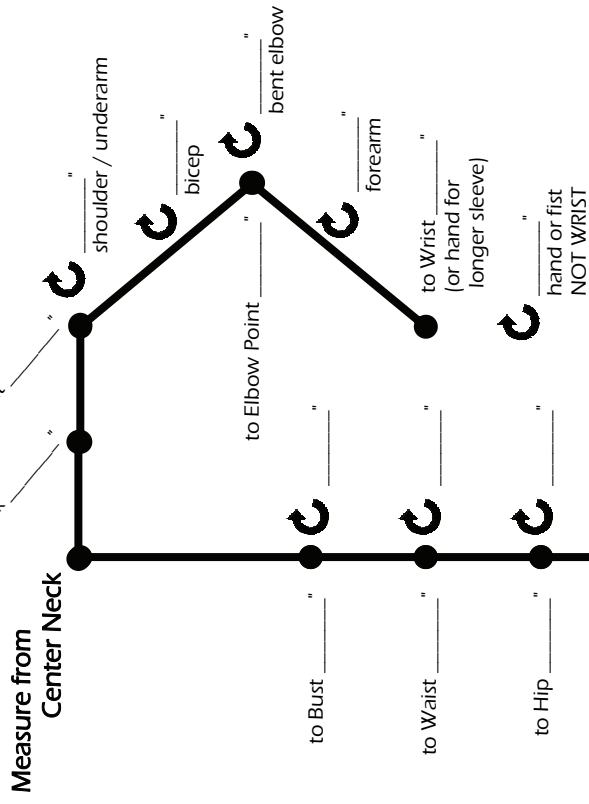
Build Your Own Bog Tunic

Name _____

Date _____

Step 1. Take your measurements.

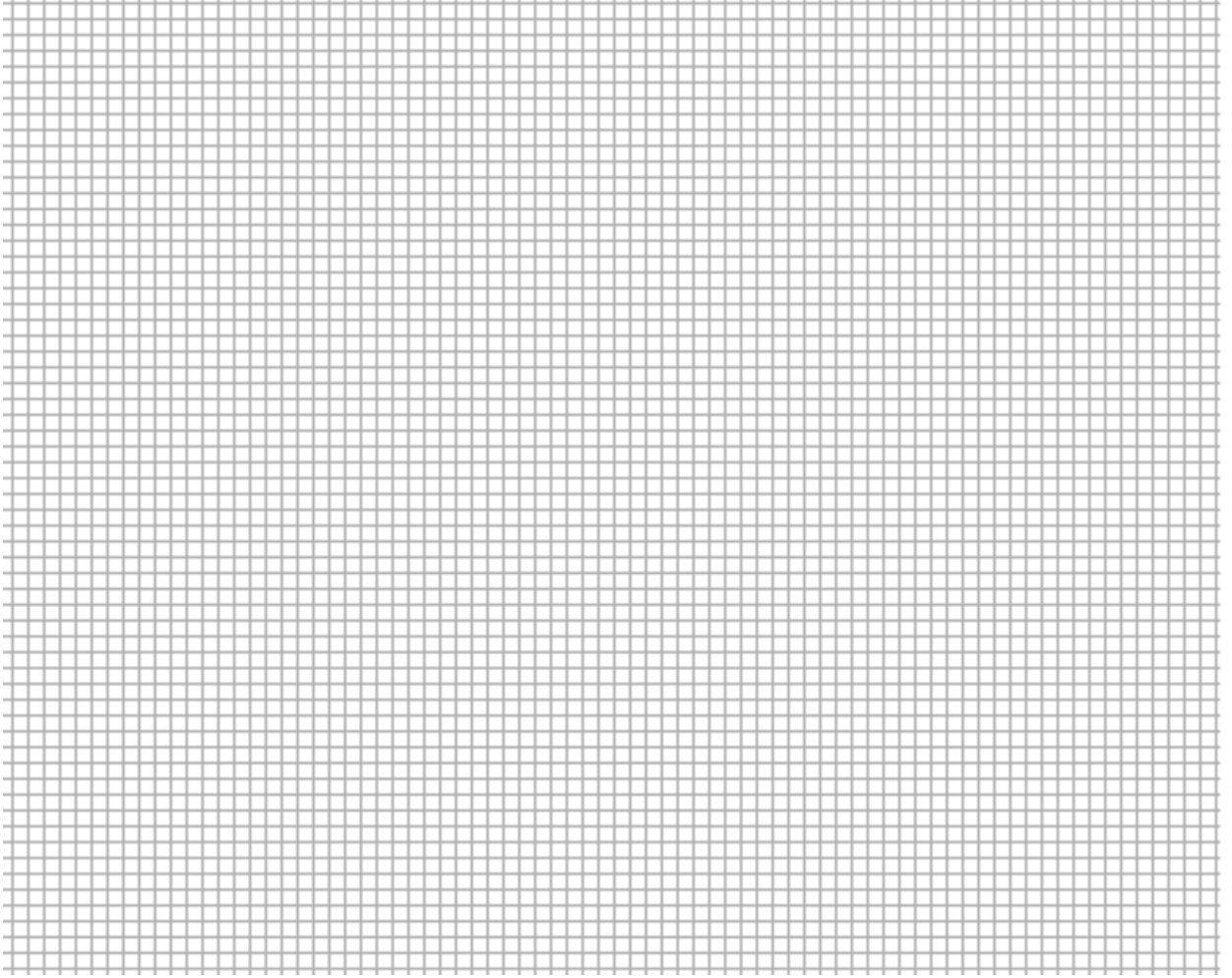
Take arm measurements on a flexed arm. For most, this means put your hand on hip. For bicep, "make a muscle" instead.



Step 2. Some simple math

Bust / 4 = _____ Bicep / 2 = _____
 Waist / 4 = _____ Elbow / 2 = _____
 Hip / 4 = _____ Forearm / 2 = _____
 Fist / 2 = _____

Step 3. Draw a flattened "you"



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