

**Fitness and Body Image
Body Check-Visually**

Body Types Visual Setup

<u>Body Types</u>	<u>Areas to View</u>	<u>Please Check-One</u>		<u>Check for Average</u>
<u>Hourglass</u>	Chest-whole upper	yes	no	<input type="checkbox"/>
	Hips-whole lower	yes	no	
	Flat stomach-6 inches	yes	no	
<u>Spoon</u>	Hips	yes	no	<input type="checkbox"/>
	Thighs	yes	no	
	Buttocks	yes	no	
<u>Cone</u>	Back	yes	no	<input type="checkbox"/>
	Chest	yes	no	
	Arms	yes	no	
	Stomach	yes	no	
<u>Ruler</u>	Chest	yes	no	<input type="checkbox"/>
	Waist	yes	no	
	Hips	yes	no	
	Midsection	yes	no	