

Size-O-Meter Score:

Characteristics:

1

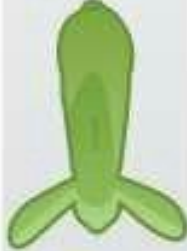
Very Thin



- Hip bones, ribs and spine are very sharp to the touch
- Loss of muscle and no fat cover
- The rump area curves in

2

Thin



- Hip bones, ribs and spine are easily felt
- Loss of muscle and very little fat cover
- Rump area is flat

3

Ideal



- Hip bones, ribs and spine easily felt but are rounded, not sharp - Ribs feel like a pocket full of pens!
- No abdominal bulge
- Rump area is flat

4

Overweight



- Pressure is needed to feel the ribs, spine and hip bones
- Some fat layers
- The rump is rounded

5

Obese



- Very hard to feel the spine and hip bones - Ribs can't be felt!
- Tummy sags with obvious fat, padding
- Rump bulges out