

Create the outline of your pelvic bowl

- Take a photo of your pelvic bowl from the bottom of your body to your navel. Have someone take it or stand in front of a full length mirror



- Print out the photo in black and white



- Cut out your pelvic bowl.



- Glue your pelvic bowl to an 8.5 x 11 piece of paper





- Place the outline of your pelvic bowl in your 3-ring binder

