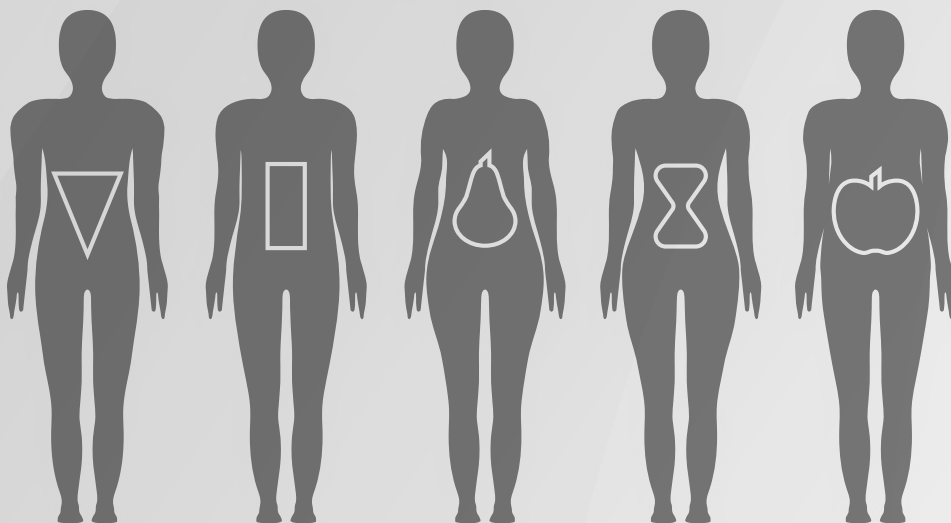


# How to Dress for Your BODY SHAPE

Follow-Along Workbook



CRISTY "CODE RED" NICKEL

# WHY SHOULD YOU DRESS FOR YOUR BODY SHAPE?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

# WHAT IS YOUR BODY SHAPE?

In the spaces below, write down the different BODY SHAPES Cristy describes in the workshop. Feel free to include their names and the characteristics of each shape.

[illegible]

[illegible]

[illegible]



In the spaces below, write down your body shape based on the tips Cristy provides for identifying YOUR body shape.

[illegible]

[illegible]



# HOW TO DRESS FOR YOUR BODY SHAPE

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

In the spaces below, write down Cristy's tips for highlighting your best features and downplaying the areas you'd rather not show off.

[illegible]

[illegible]



In the spaces below, write down Cristy's tips for clothing styles that **FLATTER** your shape and clothing styles you should **AVOID** based on your shape.

[illegible]

[illegible]