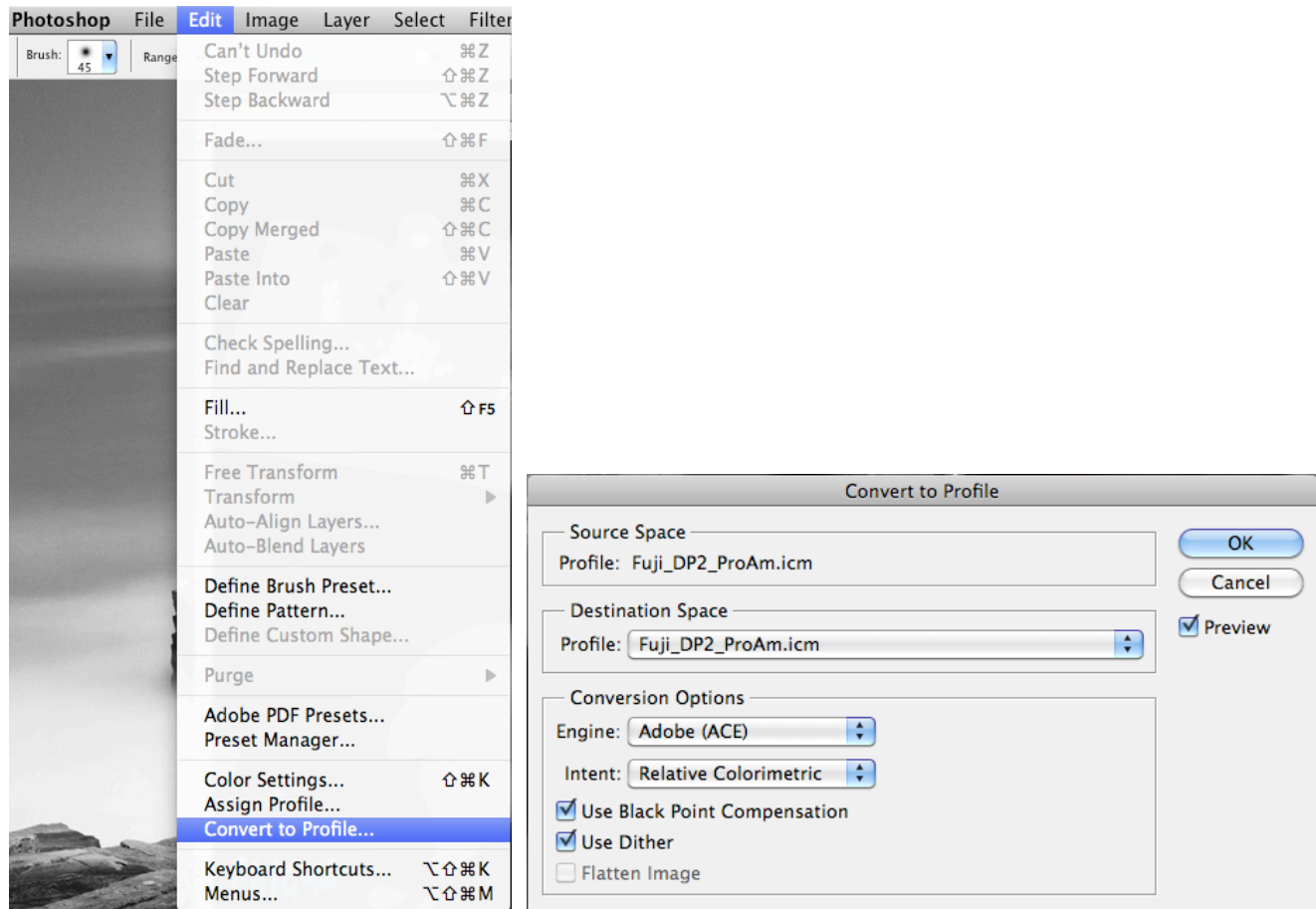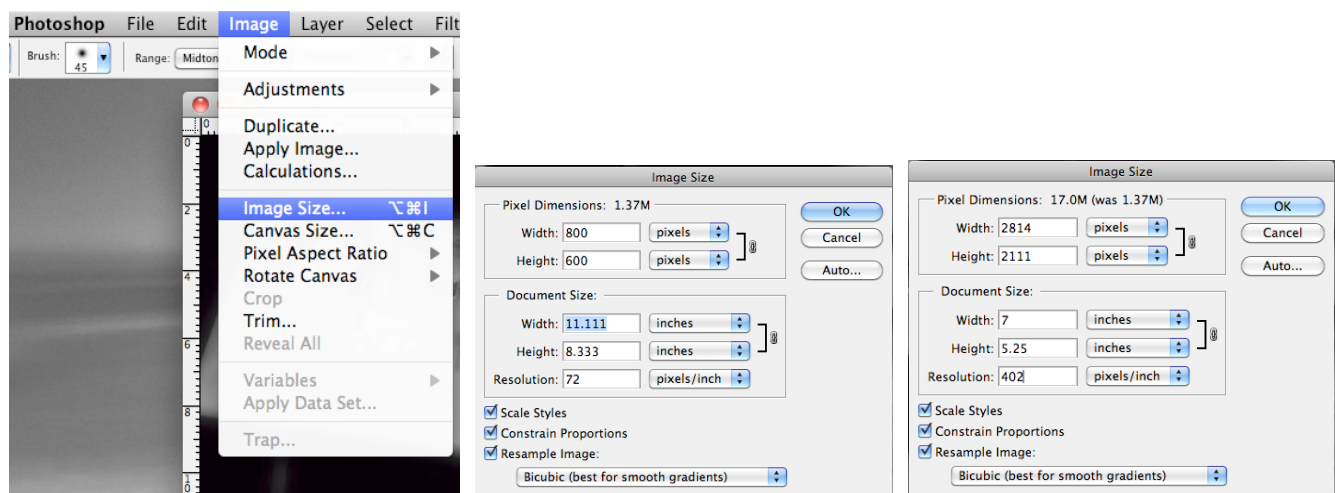Preparing images for ProAm

The first thing you need to do is convert the image to the proam profile as below:

Then you need to resize the image as below:

Note that you should have all the check boxes ticked, change the document size to the longest width or height and the other should stay in proportion.

Save the image and place in the folders required for finish and size.