Lightroom file sizing and export

Before export, size image in Lightroom.
Because there is more than one way to access the export dialog box in Lightroom:
Your choices are:
- File > Export
- Right Click > Export
- Export Button (Only in Library Module)

This window will open:
Make sure you fill in all the appropriate fields below
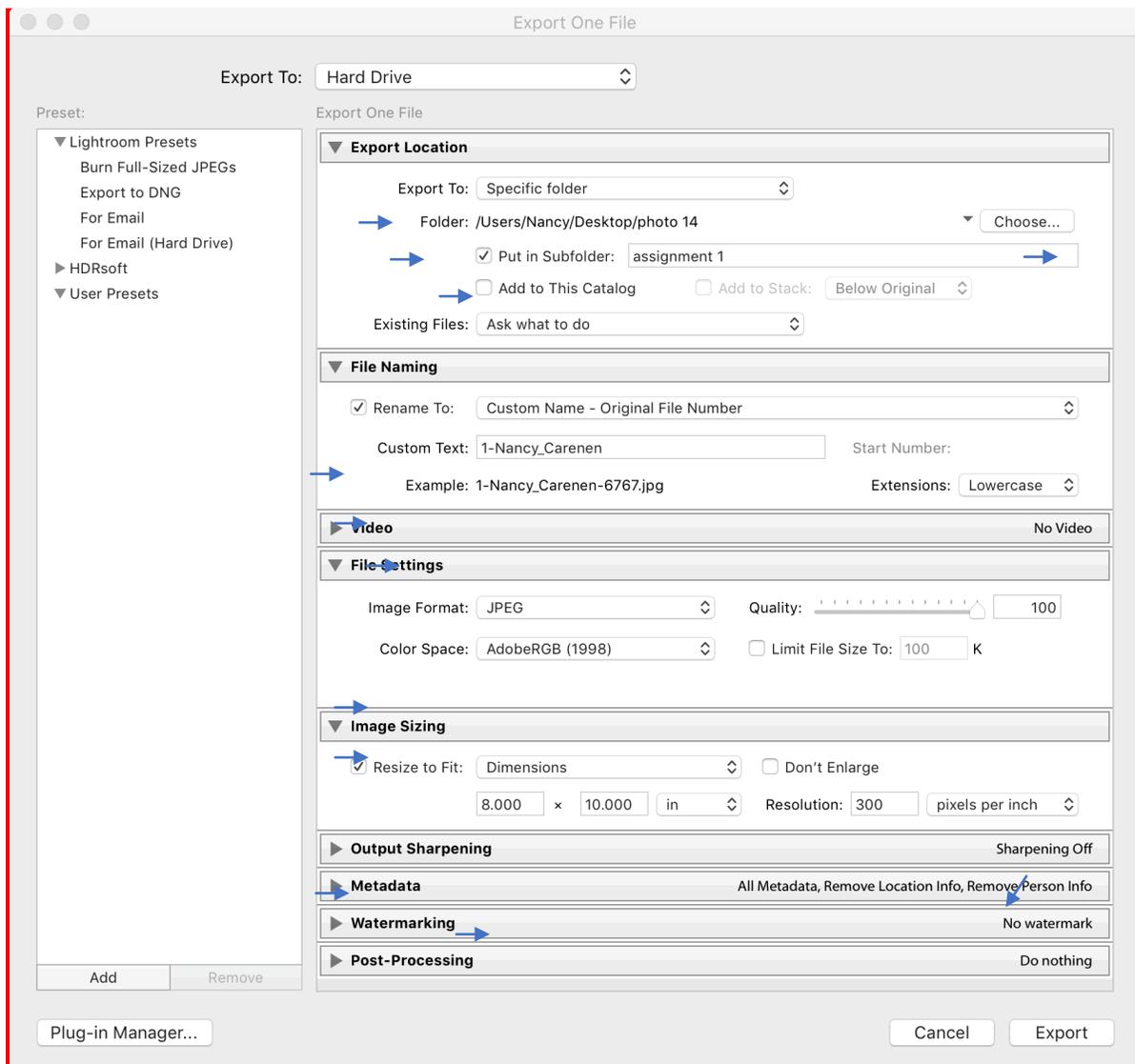
Photoshop file sizing

Set your crop tool to size. Make sure you use WxHxResolution (make sure you use all three spaces) and not Ratio. Save it as a tiff with your file labeled properly.