

Measurements, Female

Legal Name: _____

Nickname: _____

Address: _____

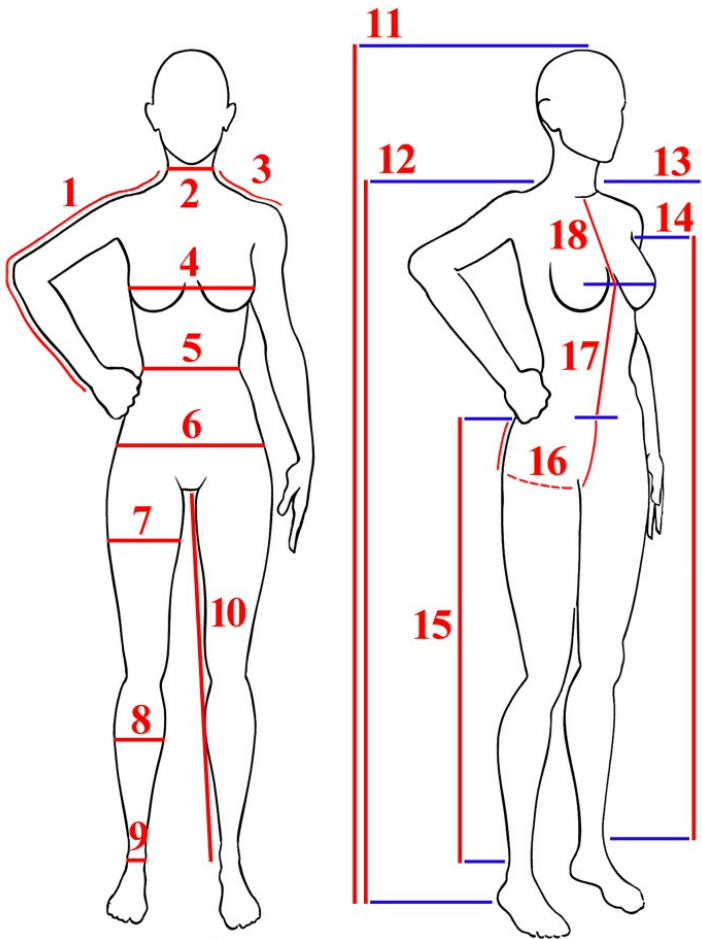
City, State, Post: _____

Phone: _____

Email: _____

How to Measure Accurately

- For the most accurate measurements, use a cloth measuring tape
- Measure with the undergarments you plan to wear with the garment
- Have someone else measure you
- Stand straight up, do not slouch
- Keep the arms to the side, relaxed except for #1
- Separate your feet around 6 inches or 15cm apart



1. _____
SLEEVE - Put hand on hip and measure along the outside from neck to wrist.

2. _____
NECK - Measure around the base of the neck, just above the shoulders.

3. _____
COLLAR BONE - Measure from neck to the end of the shoulder.

4. _____
BUST - Measure at the fullest point. Snug but not tight.

5. _____
WAIST - Measure at the waist or at the "belt line".

6. _____
HIPS - Measure the fullest area right by the hip bone.

7. _____
THIGHS - Measure at fullest part.

8. _____
CALF- Measure the fullest part.

9. _____
ANKLE - Measure the fullest part right at the ankle bone.

10. _____
INSEAM - Measure from the highest part between the legs down to the ankle bone.

11. _____
HEIGHT - stand against a wall, measure from floor to top of head.

12. _____
SHOULDER HEIGHT - against a wall, from floor to shoulder

13. _____
TORSO HEIGHT - Measure from ankle bone to shoulder

14. _____
TORSO INSEAM - Measure from ankle bone to armpit

15. _____
OUTSEAM - Measure from belt line to ankle (or measure your best fitting pants from top to bottom)

16. _____
BELTLINE - Measure from front of the waist to the back of the waist. (Belt front to belt back.)

17. _____
DARTS - Wear a snug shirt. Measure from sternum to belt line.

18. _____
DARTS - Wear a snug shirt. Measure from "front nape" to bust line.

Shoe. _____
Shoe size.

Measurements, Male

Legal Name: _____

Nickname: _____

Address: _____

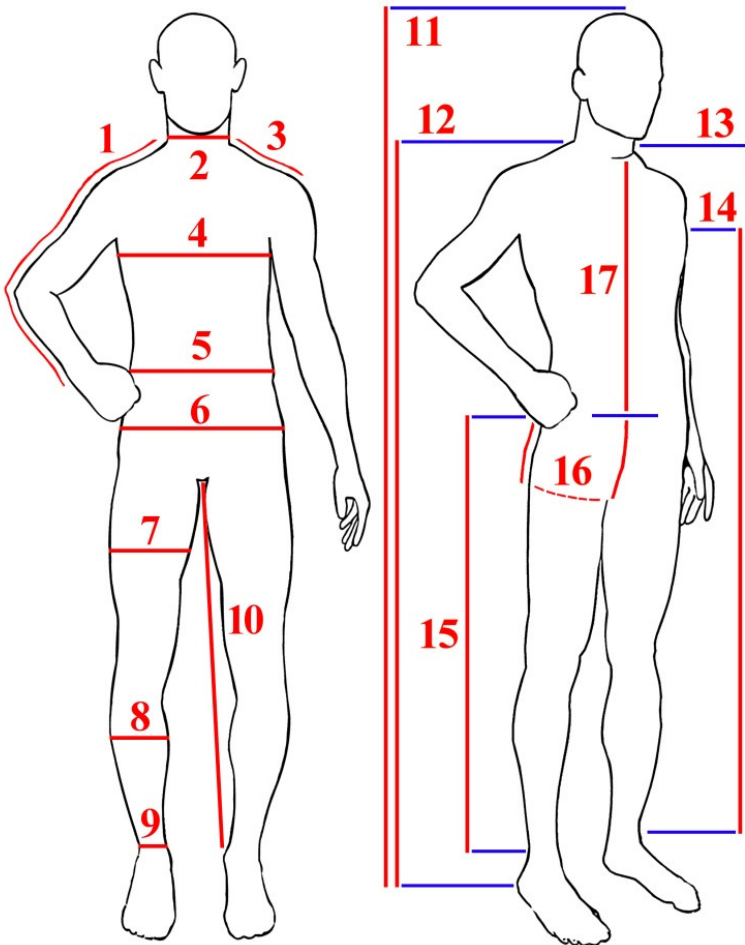
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16. _____
BELTLINE - Measure from front of the waist to the back of the waist. (Belt front to belt back.)

17. _____
SHIRT LENGTH - Measure from "front nape" to belt line.

Shoe. _____
Shoe size.