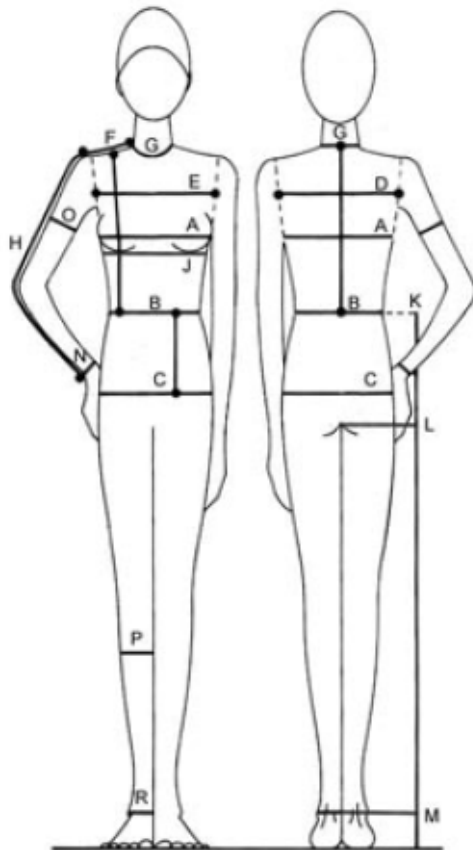


Measurement Guide



Bust	A
Waist	B
Hips	C
Back Width	D
Front Chest	E
Shoulder	F
Neck Size	G
Sleeve	H
Under Bust	J
Wrist	N
Upper Arm	O
Calf	P
Ankle	R
Nape to Waist	G-B
Waist to Hip	B-C
Front Shoulder to Waist	F-B
Outside Leg	K-M
Inside Leg	L-M

Use a tape measure or ribbon and take measurements indicated by the diagram above. Record them (by inches) in the chart below, then check for accuracy.

A BUST – circumference taken around greatest fullness

B WAIST – smallest circumference taken around natural waistline; not necessarily where you wear your pants!

C HIPS – circumference taken around greatest fullness

D BACK WIDTH – taken across back from shoulder to shoulder

E FRONT CHEST – taken across front from shoulder to shoulder

F SHOULDER – taken from base of neck along top to outside of shoulder

G NECK SIZE – circumference taken around base of neck

H SLEEVE – taken from shoulder to wrist around bent arm

J UNDER BUST – circumference of upper rib cage just under bust

N WRIST – circumference taken around greatest fullness

O UPPER ARM – circumference taken around greatest fullness

P CALF – circumference taken around greatest fullness

R ANKLE – circumference taken around greatest fullness

G-B NAPE to WAIST – taken from base of neck to natural waist in back

B-C WAIST to HIP – taken from natural waist to greatest fullness at hip

F-B FRONT SHOULDER to WAIST – taken from center point of shoulder to natural waist

K-M OUTSIDE LEG – outseam taken from natural waistline to just below ankle bone

L-M INSIDE LEG – inseam taken from crotch to just below ankle bone

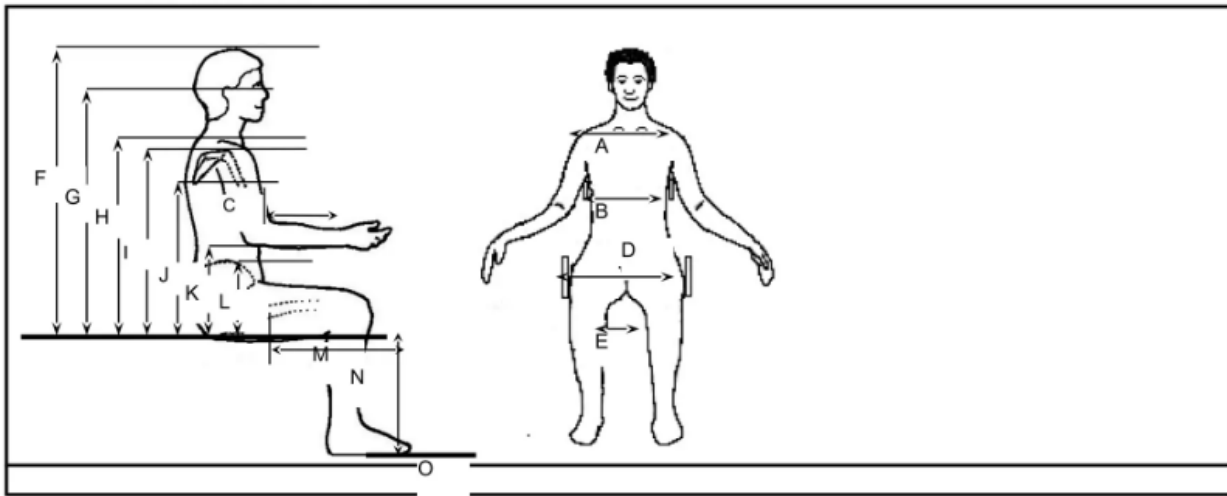
HAT – circumference taken around head above ears

F+H SLEEVE LENGTH – taken from prominent neck vertebrae across shoulder to wrist

***NAPE to FLOOR** – taken from base of neck to floor in back

HEIGHT _____ **WEIGHT** _____ **SHOE SIZE (USA)** _____

DRESS SIZE _____ **T-SHIRT SIZE** _____ **PANT SIZE** _____ **DRESS SHIRT SIZE** _____



Measurements in Sitting:		Left	Right
A:	Shoulder Width		
B:	Chest Width		
C:	Chest Depth (Front – Back)		
D:	Hip width		
E:	Between Knees		
F:	Top of Head		
G:	Occiput		
++	Overall width (asymmetrical width for windswept legs or scoliotic posture)		
			H: Seat to Top of Shoulder
			I: Acromium Process (Tip of Shoulder)
			J: Inferior Angle of Scapula
			K: Seat to Elbow
			L: Seat to Iliac Crest
			M: Upper leg length
			N: Lower leg length
			O: Foot Length