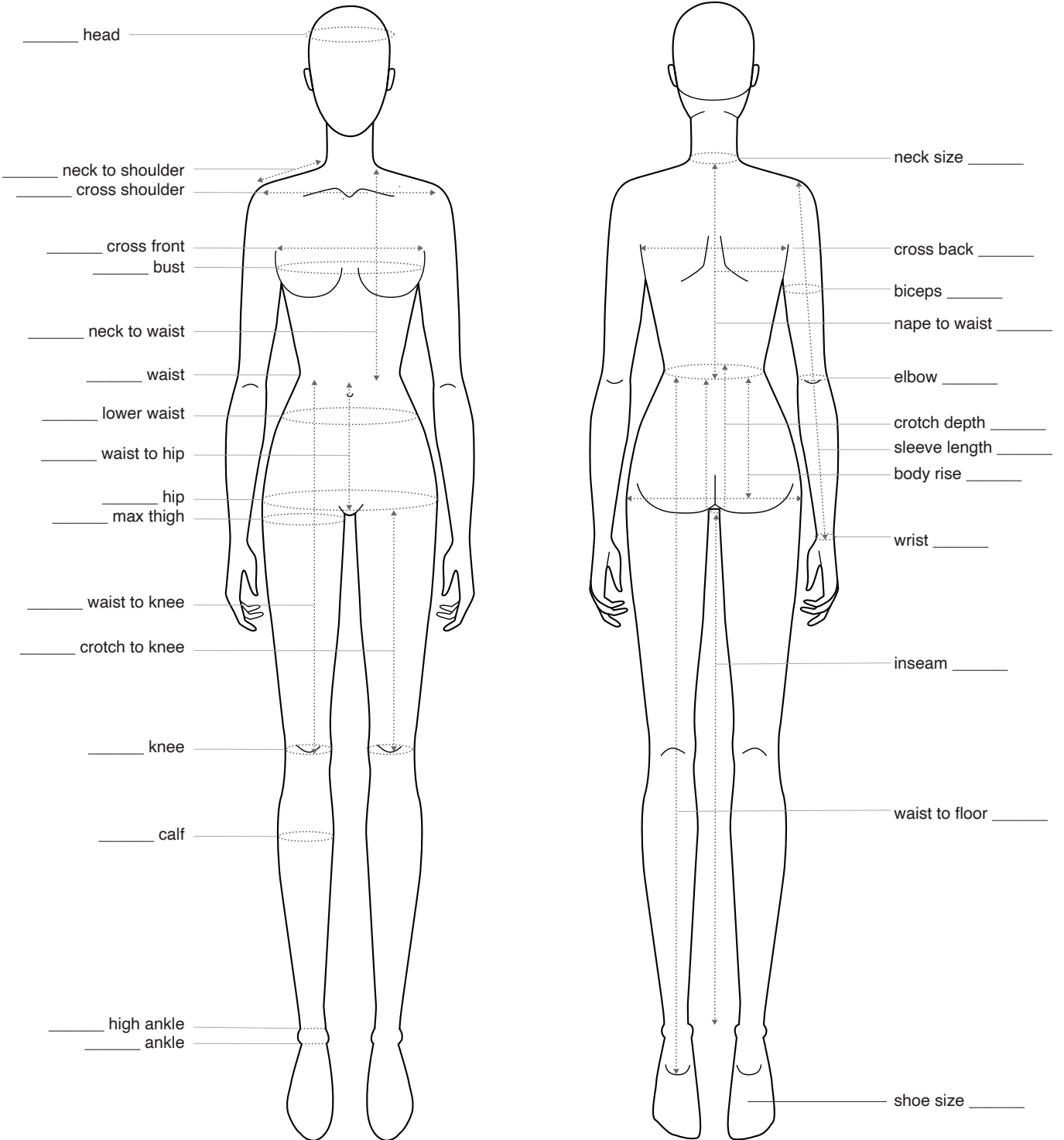


Name: _____



FRONT

Head: Wrap tape around head above ears and center of forehead.

Neck to shoulder: Measure at the base of your neck—on the top of your shoulder—to the tip of your shoulder bone.

Cross shoulder: Measure from one shoulder bone to the other across the front of your neck.

Cross front: Measure horizontally across the front of your body from armpit crease to armpit crease. Keep your arms down by your side.

Bust: Take a 360° measurement at the widest point of your bust. Measure with your arms down rather than out to the side.

Neck to waist: Measure from the high point of your shoulder, over your bust, and to your waist.

Waist: If you put your arms down and bend at your elbows, where your elbow bends is your natural waist. It is also the narrowest point on your torso.

Lower waist: Measure around waist a handwidth below belly button.

Waist to hip: Measure from waist down to the widest part of your hips.

Hip: Measure the widest point of your hips (and generally your booty). Take a 360° measurement, with your feet together.

Max thigh: Wrap the measuring tape around the thickest part of your thigh, with legs straight.

Waist to knee: Measure down from your natural waist to the top of your knee. Follow the natural curves of your body as you measure.

Crotch to knee: Measure down from crotch to knee.

Knee: Take a 360° measurement of the widest part of the knee.

Calf: Take a 360° measurement of the widest part of the calf.

high ankle: Take a 360° measurement above the ankle bone.

Ankle: Take a 360° measurement below the ankle bone.

BACK

Neck: Take a 360° measurement at base of your neck.

Cross back: Measure horizontally across the back of your body from armpit crease to armpit crease. Keep your arms down by your side.

Biceps: Take a 360° measurement of the widest part of your upper arm.

Nape to waist: Stand tall as you measure the back of your body from the top of your spine at the base of your neck to your waist.

Elbow: Take a 360° measurement of the widest part of your elbow.

Crotch depth: Measure from the center of the front of your waist under your crotch to the center of the back of your waist.

Wrist: Take a 360° measurement around your wrist at the wrist bone.

Inseam: Measure inside of the top of the leg to ankle bone.

Waist to floor: Measure outside the body from your waist to the floor.

Shoe size: What shoe size do you wear?