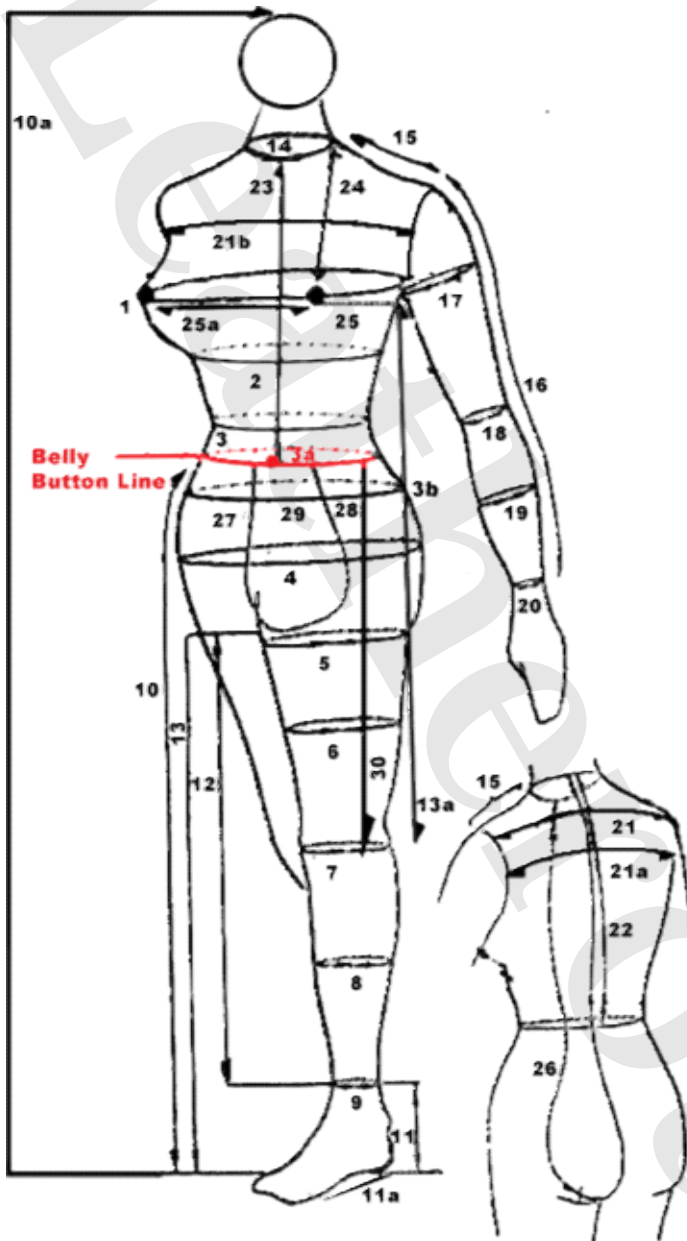


Please Print, Fill Carefully, Scan/Email Back

*Use tape measure.
Get a friend to measure you!*



Measure Carefully!

With Lining

Without Lining

Male

Female

Measure in inches or cm

1	Bust	
2	Underbust	
3	Waist at narrowest point	
3a	Waist at belly button line	
3b	Two inches Below belly button line	
4	Largest Seat (around hips)	
5	Top of Thigh	
6	Around Mid-Thigh	
7	Around Knee	
8	Largest Calf	
9	Smallest Ankle	
10	Floor to Waist (standing barefoot)	
10a	Full body height from floor to top of head	
11	Floor to Smallest Ankle (barefoot)	
11a	Foot Measurements	
12	Ankle to Crotch	
13	Floor to Crotch [Note that #11 + #12 = #13]	
13a	Arm pit to knee	
14	Collar (around base of neck)	
15	Shoulder: From Neck to "Point" of Shoulder (top of sleeve seam)	
16	Sleeve Length	
17	Around Upper Arm	
18	Around Elbow	
19	Around Forearm	
20	Around Wrist	
21	Across Back of Top Shoulders	
21a	Across Back of Shoulders (4 inch down from Neckbone)	
21b	Across Front	
22	From Back Waist up to Neckbone	
23	From waist to Collar Down Base	
24	From Shoulder "Point" to Nipple on Same Side	
25	Side Bust (Arm Pit to Nipple)	
25a	Nipple to Nipple	
26	Girth of Torso: From front of collar down through crotch & back up to neckbone (#22 + #23 + #29 = #26)	
27	Navel to Crotch	
28	Small of Back (Rear of Waist) to Crotch	
29	Navel Through Crotch to Back Waist [note that #27 + #28 should equal #29]	
30	Navel to Kneecap (as a crosscheck of other measurements)	