

SIZE MEASURING METHOD



- A Bust**
 - *This is not your bra size!
 - *Wearing a bra when taking measurement,
 - *Relax arms at sides
 - *Pull tape across the fullest part of the bust.
- B Waist**
 - *Find the natural waist
 - *This is the smallest part of the waist
 - *Keep tape slightly loose to allow for breathing room
- C Hips**
 - *Find the widest part of the hips
 - *Tape should brush across both hipbones
- D Hollow to Floor (Bare Foot)**
 - *Stand straight with feet together
 - *Measure in bare feet
 - *Begin at the hollow space between the collarbones and pull tape straight down to the floor.
- E Height (without shoes)**
 - * Stand straight with feet together
 - * Measure in bare feet
 - * Begin at the top of the head and pull tape straight down to the floor.
- F Sleeve Length**
 - *This is the measurement from your shoulder seam to where you would like your sleeve to end.
- G Armscye**
 - *This is the measurement of your armhole. In order to take your armscye measurement, *you must wrap the measuring tape over the top of your shoulder and around under your armpit.
- H Arm Circumference**
 - *This is a measurement around the fullest part of your upper arm.
 - *tips
 - Measure with the muscle relaxed.
- I Wrist Circumference**
 - *This is a measurement around the fullest part of your wrist.
- J Shoulder to shoulder**
 - *This is the measurement from your shoulder to shoulder when your back is straight, but your shoulders hang naturally in a relaxed position.

YOU MEASUREMENTS

Name: _____

Date: _____

INCH / CM

INCH / CM

INCH / CM

INCH / CM

INCH / CM

INCH / CM

INCH / CM

INCH / CM

INCH / CM

INCH / CM