



**Around the body:**

- A) Upper Chest \_\_\_\_\_
- B) Chest \_\_\_\_\_  
(at nipple line)
- C) Waist \_\_\_\_\_
- D) Hip \_\_\_\_\_
- E) Thigh \_\_\_\_\_
- F) Mid-Thigh \_\_\_\_\_
- G) Knee \_\_\_\_\_
- H) Below Knee \_\_\_\_\_
- I) Calf \_\_\_\_\_
- J) Ankle \_\_\_\_\_
- K) Shoulder to Shoulder \_\_\_\_\_
- L) Mid-Back to Wrist \_\_\_\_\_
- M) Shoulder to Wrist \_\_\_\_\_
- N) Elbow to Wrist \_\_\_\_\_
- O) Bicep \_\_\_\_\_
- P) Elbow \_\_\_\_\_
- Q) Forearm \_\_\_\_\_
- R) Wrist \_\_\_\_\_
- S) Neck \_\_\_\_\_
- T) Armpit Circumference \_\_\_\_\_
- U) Bra & Cup Size \_\_\_\_\_

**Top of Shoulder To:**

- 1) Chest \_\_\_\_\_
- 2) Waist \_\_\_\_\_
- 3) Hips \_\_\_\_\_
- 4) Crotch \_\_\_\_\_
- 5) Ankle \_\_\_\_\_

**Ankle To:**

- 6) Crotch \_\_\_\_\_
- 7) Mid Thigh \_\_\_\_\_
- 8) Knee \_\_\_\_\_
- 9) Below Knee \_\_\_\_\_
- 10) Calf \_\_\_\_\_

Shoulder to Crotch (#4) added to Shoulder to Ankle (#5) should be equal to the Ankle to Crotch (#6)  
 (#4 + #6 = #5)

K, L, M to be measured from behind with arm at an angle of 45 degrees.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_