

Name:Email Address:		Date <u>:</u> Phone #:		
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P	ieces needed:	Date Due:		
1.	Chest:	18. Natural Waist to Hip:		
2.	Waist (Natural Waist):	19. Crotch length:		
3.	Low Waist:	20. Inside leg/inseam:		
4.	Hip:	21. Thigh CIRC:		
5.	Back Waist Length:	22. Calf CIRC:		
6.	Front Waist length:	23. (A) Ankle:		
7.	Center back neck to front waist	(B) Heel:		
	length:	24. Seat Depth:		
8.	Neck Base:	25. Bicep:		
9.	Head CIRC:	Shoe Size:		
10.	Head length:			
11.	Across Back width:	Suit Size:		
12.	Across Front width:	T-shirt Size:		
13.	Shoulder length:			
14.	One piece sleeve length:			
15.	(A) Wrist:	* <u>Note</u> :		
	(B) Hand CIRC:	Additional measurements maybe needed depending		
16.	Center back neck to floor:	on commission- instruction will be provided if		
17.	Low waist to floor:	needed.		

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		Place the tape around the widest point on the chest, which will be roughly leve
1	Chest Circumference	with the nipple. Make sure the tape is sitting Horizontally under the arm pits.
		Place the tape horizontally around the smallest circumference of the torso
2	(Natural) Waist CIRC.	between the chest and hips.
		Place the tape horizontally around the abdomen, 2 inches below the natural
3	Low Waist CIRC.	waist. The additional measurement is used for more casual pants style.
		Place the tape at the widest part of the hips keeping the tape parallel to the
4	Hip (seat) CIRC.	floor passing it over the widest part of the buttocks.
		Place the tape at the base of the neck (Usually you can feel the vertebrae bone
5	Back Waist Length	Then measure down to the natural waist point.
	<u> </u>	Place the tape at the base of the neck in the front (in the throat hollow) measu
6	Center Front Waist Length	down to natural waist.
	Center back Neck to Front	Place tape at the base of center back neck, then measure around the neck and
7	Waist Length	over the shoulder down toward the center front natural waist point.
Ť	Walse Eerigen	Place the measuring tape at the base of the neck in the back measuring the
		circumference at the base of the neck. Do not measure too high! Make sure the
Ω	Neck Base Circumference	tape passes of the hollow of the front of the neck as well.
0	Neck Base circumference	Measure the circumference around the widest part of your head (as a hat woul
٥	Head Circumference	sit above the ears and over the forehead.)
J	neau Circuillereille	Place the tape measure at the chin measuring vertically to the top of the head.
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ΙU	Head Length	Do not conform tape to face- hold tape straight.
		Measure between the points at which the arms are connected to the body (over
11	Across back width	the shoulder blades.)
		Measure across the front of the chest between the points where the arm creas
12	Across front width	to form the armpit.
		Place the measuring tape at the high shoulder point* measuring to the shoulder
13	Shoulder length	tip.
		Measure from the shoulder tip down the arm and over the elbow to the wrist
14	One piece sleeve length	with the arm hanging naturally or slightly bent.
	Wrist (A) & Hand	(A) Measure around the wrist Joint, (B) Measure around the widest point of the
15	circumference (B)	hand with the hand held as if placing into a sleeve. (fingers together)
		Measure from the base of the neck in the back (as before) to the floor. Make
		sure to hold tape taught. (If needed use a pole or long string and measure afte
16	Center Back Neck to Floor	marking)
		Place the tape at the Low Waist line measuring vertically from the side of the
17	Low Waist to Floor	body to the floor- hold tape taught vertically.
		Place the tape measure at the natural waistline, along the side of the body,
18	Natural Waist to Hip	measure to the hip. (Marked before)
		Place the tape on the low waistline at the center front. Pass between the lower
		part of the crotch and up over the back to the low waistline point on the center
19	Crotch length	back.
	Inside leg/Inseam	Measure down the inside of the leg from crotch to ankle.
-		Run the tape around the widest part of the thigh- approximately 2 inches below
21	Thigh Circumference	the crotch- make sure tape is parallel to the floor.
	mgn cheannerence	Measure around the widest part of your calf- making sure to keep the tape
22	Calf Circumference	parallel to the floor.
_	Ankle (A) & Heel (B)	
		(A) Measure around the ankle bone, (B) Measure around the heel, passing the
۷۵	circumference	tape over the top curve of your foot- tape should be at a 45 degree angle.
		Sit upright with knees at t right angle to your torso. Place the tape along the sid
	C . D . I	of the body at the low waistline- measure down to the top of the seat or chair.
24	Seat Depth	Make sure the base is hard not a soft cushion.
25	Bicep	Measure around the widest part of your bicep- both flexed and relaxed
T		To help with measurements use elastic or string to tie around your natural wai
		and hip circumference for ease in finding the points for later measurements.
	Notes:	Get a Friend to help you if possible.
		Wear fitted clothing or just underwear when taking the measurments.
\rightarrow		*High shoulder Point= The point where shoulder and neck connect.