



Be Crafty. It's time to measure up!

You will need:

- Measuring tape – (60" Fiberglass recommended)
- Sticky dots 1/4-1/2" wide
- A friend to help
- Form-fitting clothing

1. Height

Stand against a wall. Measure from the top of your head to the floor. Easy!

2. Bustline

Place the tape over the fullest part of your bust and across the widest part of your back with the tape parallel to the floor. NOTE: *This is not your bra size!*

TIP: Mark the nipple with a sticky dot. This will be needed for a later measurement.

3. Waistline

Measure the spot above the hip bones where a waistband is most comfortable. This is not necessarily the smallest part of your torso. Place a sticky dot here.

4. Hips

Wrap the tape around your hips and let it slide to the widest part, (usually 7-9" below the waistline). Keep it parallel to the floor.

5. Tummy Measurement

Wrap the tape around your body at the fullest part of the abdomen. Tape should be parallel to the floor.

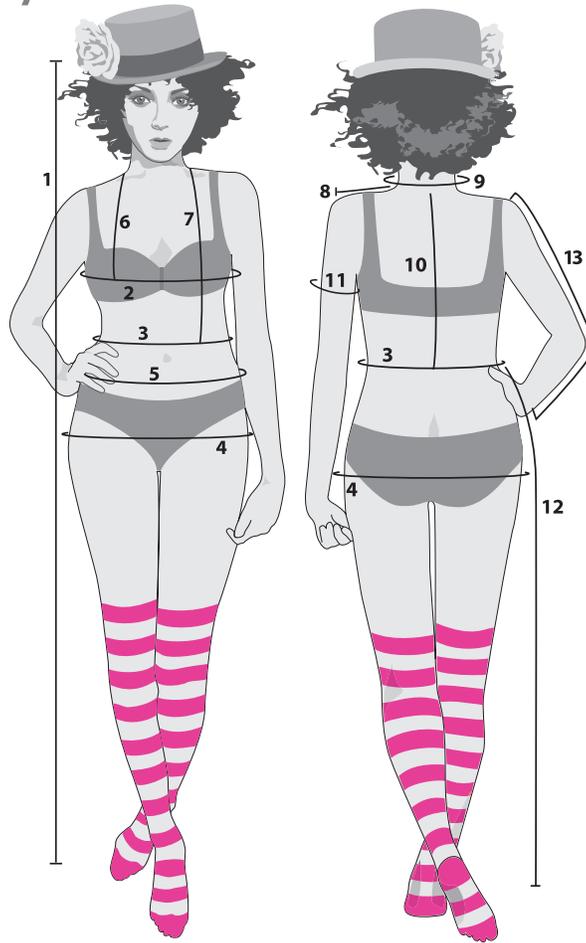
6. Bust Point

Measure from the center point of the bust (marked with a sticky dot) to the shoulder, close to your neck. Mark shoulder point with a dot.

7. Front Waist Length

Measure from the shoulder/neck dot, across the bust dot to the waistline.

TIP: Our bodies tend to be different on each side. For example, one shoulder is higher than the other. For the most accurate clothing fit, measure both the left and right sides!



8. Shoulder Width

Locate the bone at the top of the arm where it meets the shoulder. Measure from the shoulder/neck dot to this bone. Place another dot at the bone for later measurements.

9. Neck

Wrap the tape around your neck somewhere in the middle. Not too tight!

10. Back length

Run the tape down the center of your back, starting at the top vertebra and stopping at the natural waistline. This is where that friend comes in mighty handy.

11. Upper arm

Wrap the tape around the widest part of your upper arm. Flex your biceps slightly so the measurement has some ease. Looking good!

12. Side leg from waist to floor

Measure from your natural waistline to the floor. A little help here!

13. Arm Length

Starting at the shoulder bone (you placed a dot there), run the tape to your wrist bone. Bend your arm slightly and make sure the tape crosses the bent elbow.

You're done! Remove the sticky dots!

Never hesitate to measure. And as the saying goes:

Measure twice; cut once.

Double checking your measurements will prevent mistakes. Write 'em down and then do it again in a year or so. Things change...

DATE: _____

1. HEIGHT

2. BUST

3. WAIST

4. HIP

5. TUMMY

6. BUST POINT (L. R.)

7. FRONT WAIST LENGTH (L. R.)

8. SHOULDER WIDTH (L. R.)

9. NECK CIRCUMFERENCE

10. BACK LENGTH

11. UPPER ARM CIRCUMFERENCE (L. R.)

12. SIDE LEG LENGTH (L. R.)

13. SLEEVE LENGTH (L. R.)