



1. Neck/Collar _____
2. Bust _____
- 2a. Under bust _____
- 2b. Nipple to the neck point _____
- 2c. Nipple to Nipple _____
- 2d. Shoulder _____
- 2e. Front Length _____
- 2f. Cross Front _____
- 2g. Center Nipple to waist _____
- 2h. Around Chest Above Breast _____
3. Waist _____
4. High Hip _____
5. Low Hip _____
6. Thigh _____
7. Mid Thigh _____
8. Above Knee _____
9. Knee _____
10. Below Knee _____
11. Calf _____
12. Ankle _____
13. Knee to ankle bone _____
14. Inside leg _____
- 14a. Crotch to knee _____
15. Out side Leg _____
16. Around shoulder at armpit _____
17. Bicep _____
18. Elbow _____
19. Forearm _____
20. Wrist _____
21. Top of shoulder to wrist _____
22. Base neck to outer shoulder _____
23. Wrist to top fingers _____
24. Across shoulder _____
25. Across back _____
26. Back body rise neck to waist _____
27. Front body rise _____
28. Sit crotch rise _____
- 28a. Full crotch rise _____
29. Side length _____

Have someone else do your Measurement

(1) Neck /Collar: Locate the center of the dip between the collarbones at the base of the front neck. This will be referred to as the "neck point" In the following instructions. Measure around the base of the neck to the center of the dip. Make sure the tape measure is snug. It can be helpful to have the client wear a thin necklace around their neck to mark where the measurement should be taken at the back and sides of the neck.

(2) Bust: Have the client lift their arms to shoulder level to position the measuring tape. Position the tape measure around bust with the tape measure slightly higher in back so it passes around the fullest part of the breasts at the side. Dip the tape measure slightly between the breasts. The client should then lower their arms and the measurement can be taken.

(2a) Underbust/Cup Size: Measure around the rib cage directly under the client's bust completely clearing the breast tissue. please include known cup size

(2b) Nipple to the neck point: Nipple to the neck point Ask the client if they are right- or left-handed. Take the figure length measurement on the side they favor because the muscles on that side are usually exercised more and the breast could be slightly higher and bigger. Measure from the neck point to the center of the breast (nipple).

(2c) Nipple to Nipple: Measure from the center of one breast to the center of the other. Hold the tape measure 1/2" away from the client's breasts while measuring.

(2d) Shoulder: Measure the shoulder from the base of the neck stem to the outside end of the collarbone. A thin necklace will help identify the base of the neck stem and show where to start the shoulder measurement. If the end of the collarbone is not easily located, mark up arm crease toward the shoulder and measure to that mark.

(2e) Front Length: Measure center neck to nipple

(2f) Cross-Front: Measure armpit to armpit Take a measurement across the upper chest at 3" down from the neck point. Measure from the client's underarm crease to underarm crease.

(2g) Center Nipple to Waist

(2h) Around Chest Above Breast: measure all around upper chest through armpit above breast tissue, similar to 2f but all the way around body.

(3) Waist: Measure the waist around the elastic.

(4) High Hip: Measure the client's high hip 4 1/2" down from the waist elastic. Measure around the body keeping the tape measure level. If you are working with private clients as opposed to production work, a petite client (5' 2" or shorter) might have a hip depth of 4". A client of average height or taller might have a hip depth of 5" If you want to simplify, use 4 1/2" for every client. If working with private clients, measure the low hip 4" from the high hip.

(5) Low Hip: Measure the low hip 8 1/2" down from the waist elastic. Measure around the body keeping the tape measure level. If the client's high hip measurement is larger than their low hip measurement, use the high hip measurement for the low hip.

(28) Sit Crotch rise: Do sitting.

(28a) Crotch rise: Standing.

(29) Side Length: Armpit to waist with arm down.