

Name	Address City/State/Zip
Phone	Email



General Measurements:		
1	Height	
2	Circumference of Head	
3	Circumference of Neck	

Shoulders and Arms:		
4	Circumference at armpit (armscye)	
5	Circumference of bicep	
6	Circumference of forearm	
7	Circumference of wrist	
8	Side of neck to shoulder joint	
9	Shoulder to elbow	
10	Elbow to top of wrist	
11	Armpit to elbow	
12	Elbow to bottom of wrist	

Torso			
13	Neck to natural waist	front	
		back	

Torso (continued):			
14	Armpit to natural waist		
15	Length across shoulders	front	
		back	
16	Chest circumference (inhale)		
17	Circ. of natural waist at bellybutton (inhale)		
18	Circ. of waist at belt line (inhale)		
19	Circ. of hips at largest point (this is your butt measurement)		

Legs:		
20	Circumference of thigh	
21	Circumference of knee	
22	Circumference of calf	
23	Circumference of ankle	
24	Natural waist to floor	
25	Outseam (natural waist to ankle)	
26	Inseam (crotch to ankle)	
27	Natural waist to knee	
28	Rise *	

* The rise measurement (also known as crotch depth) is taken while seated on a hard surface, such as a desk or chair. Take a ruler and measure from the desk or chair up to your waist (either pants-waist for men or natural waist for women).