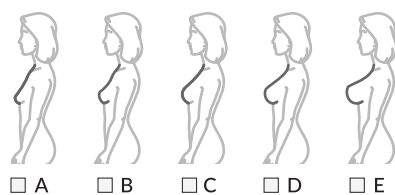


MEASURING GUIDE

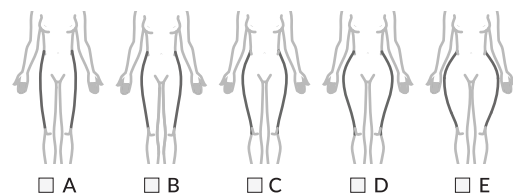
- ✓ In order to take your measurements, you will need a measuring tape.
- ✓ Ask a friend to help you take the measurements, as some of them are tricky to manage alone.
- ✓ For best results, take body measurements wearing a shirt and pants that fits you well and wear shoes.
- ✓ When measuring, keep the tape measure snug, but not tight. Stand up straight!

Profile name	Me				
Height					
Weight					
Body Shape					
Torso/Coat/ Trench length					
Sleeve length					
Shoulders					
Chest					
Stomach					
Breast point					
Waist point					
Waist					
Hips					
Pants length					
Skirt length					
Pants waist/Skirt position					
Rise					
Thigh					
Neck					
Bicep Around					
Wrist					
Individual observation					
Generic observation					

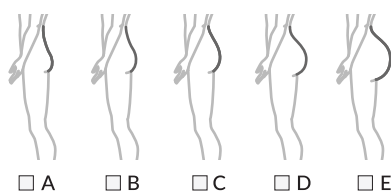
Breast



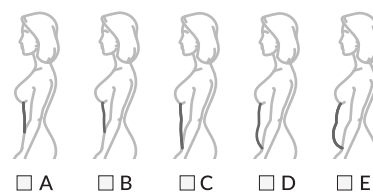
Hips



Buttocks

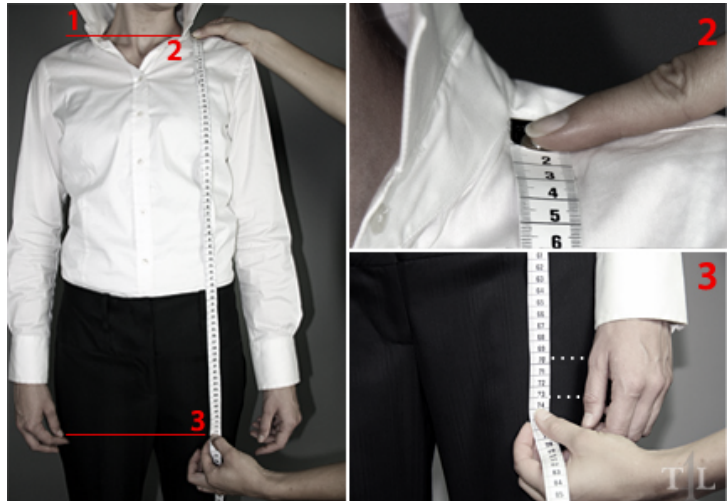


Abdomen



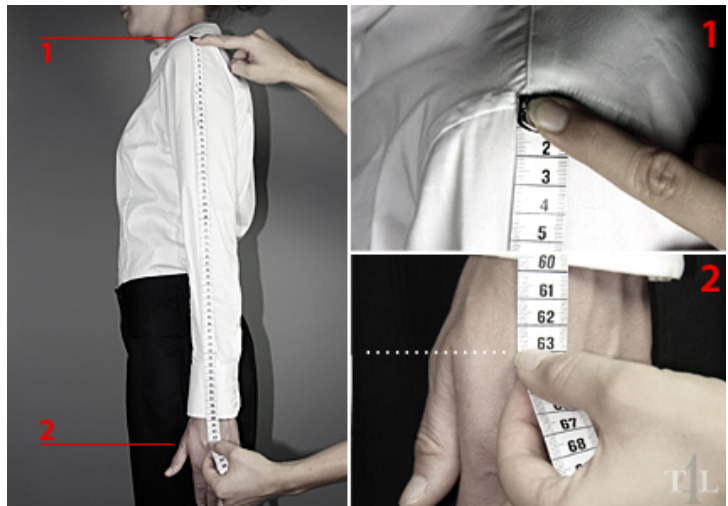
TORSO/COAT/ TRENCH LENGTH

1. Lift the blouse collar.
2. Place the measuring tape where the shoulder seam meets the neck.
3. Measure down (vertically over the stomach) to the point you want the shirt to end. The standard measurement is usually around half of the thumb.



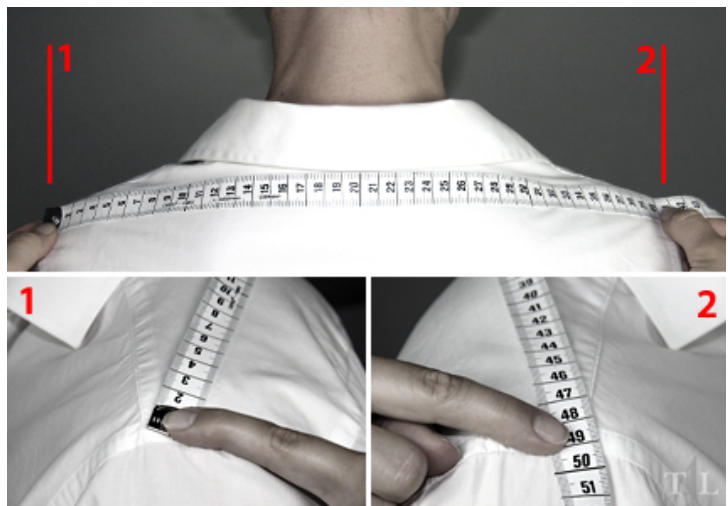
SLEEVE LENGTH

1. Place one end of the measuring tape where the shoulder seam meets the sleeve.
2. Measure along the arm down to the point where the thumb webbing meets the hand.



SHOULDER WIDTH

1. Place the measuring tape where the shoulder seam meets one of the sleeves.
2. Measure up over the curve of the shoulders, until the other shoulder seam meets the sleeve.
3. The measuring tape should touch the lowest part of the shirt collar.



CHEST

1. Run the measuring tape around the fullest part of your chest, tight up under your armpits and over the shoulder blades, just in line with your nipples.



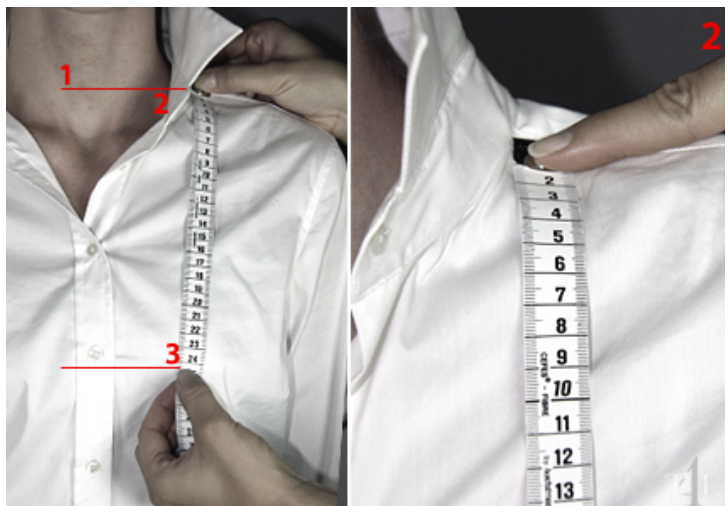
STOMACH

1. Measure around the widest part of the abdomen, about three fingers below the navel.



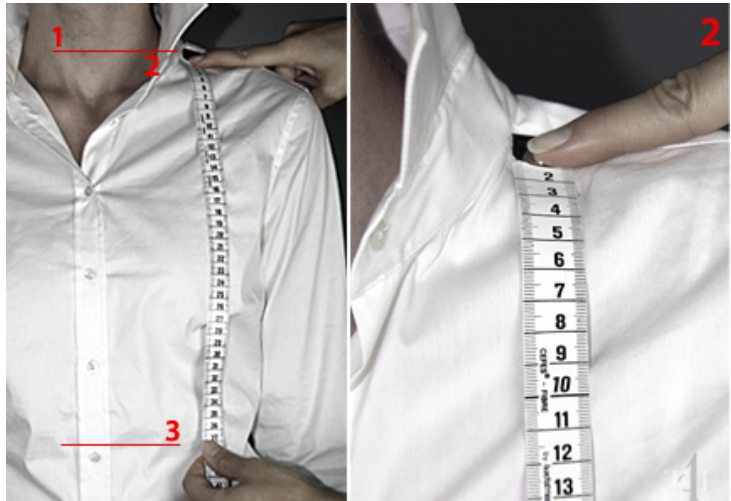
BREAST POINT

1. Lift the blouse collar.
2. Put the first end of the cloth tape where the shoulder seam meets the neck.
3. Measure down to the highest point of the breast.



WAIST POINT

1. Lift the blouse collar.
2. Put the first end of the cloth tape where the shoulder seam meets the neck.
3. Measure down to the waist, passing above the highest point of the breast.



WAIST

1. Measure around your waist, about two fingers above your navel. It is the narrowest part of your torso.



HIPS

1. Measure around the hips, specifically where the bottom sticks out most.



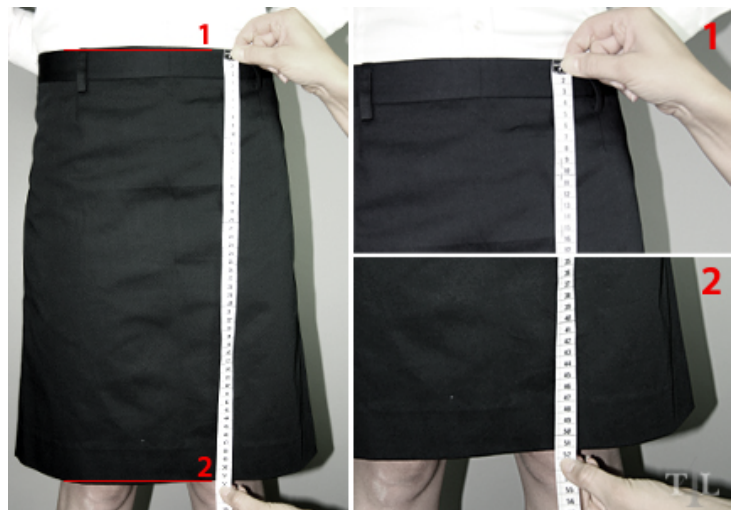
PANTS LENGTH

1. Place the measuring tape over the waist of the dress pants (at the top where you should wear the dress pants).
2. Measure vertically from the waist until where you would like the pants to end.
3. The standard measurement is at the beginning of the heel.



SKIRT LENGTH

1. Place the measuring tape over the waist of skirt (at the top where you should wear the skirt).
2. Measure vertically from the waist until the point where you want the skirt to end.



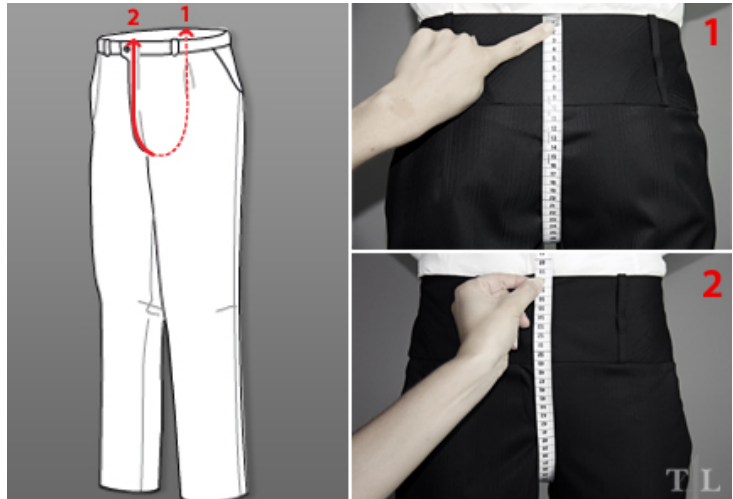
PANTS WAIST/ SKIRT POSITION

1. Put on the pants (without belt) at the height wanted.
2. Measure around the waist of the pants.



RISE

1. Make sure you close your pants' zipper or buttons.
2. Measure from the back of the waistband down to the crotch, and then up to the front of the waistband, to the point where the belt buckle would be (with the desired comfort and tightness).



THIGH

1. Measure around the widest part of the thigh - usually by the mid-thigh.



NECK

1. Place the measuring tape around the lower part of your neck.
2. Stand relaxed. Adjust the measuring tape according to your desired comfort level for your shirt.



BICEP

1. With your arm hanging at your side and relaxed, measure around your bicep at its fullest point.



WRIST

1. Measure around the wrist.

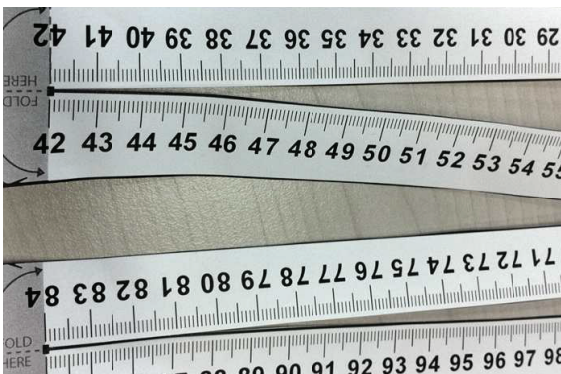


PRINTABLE MEASURING TAPE

To print your own measuring tape is very easy! Just follow the instructions below:

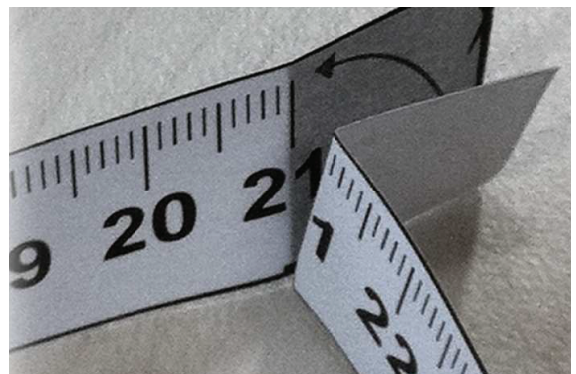
1. PRINT & CUT

Print these pages and cut as it is shown in the picture:



2. FOLD

Fold the paper where it is shown in the picture:



3. STAPLE

1. In order to get the perfect tape measure, we suggest you to staple the folds. You can also use glue or adhesive tape.



IMPORTANT!

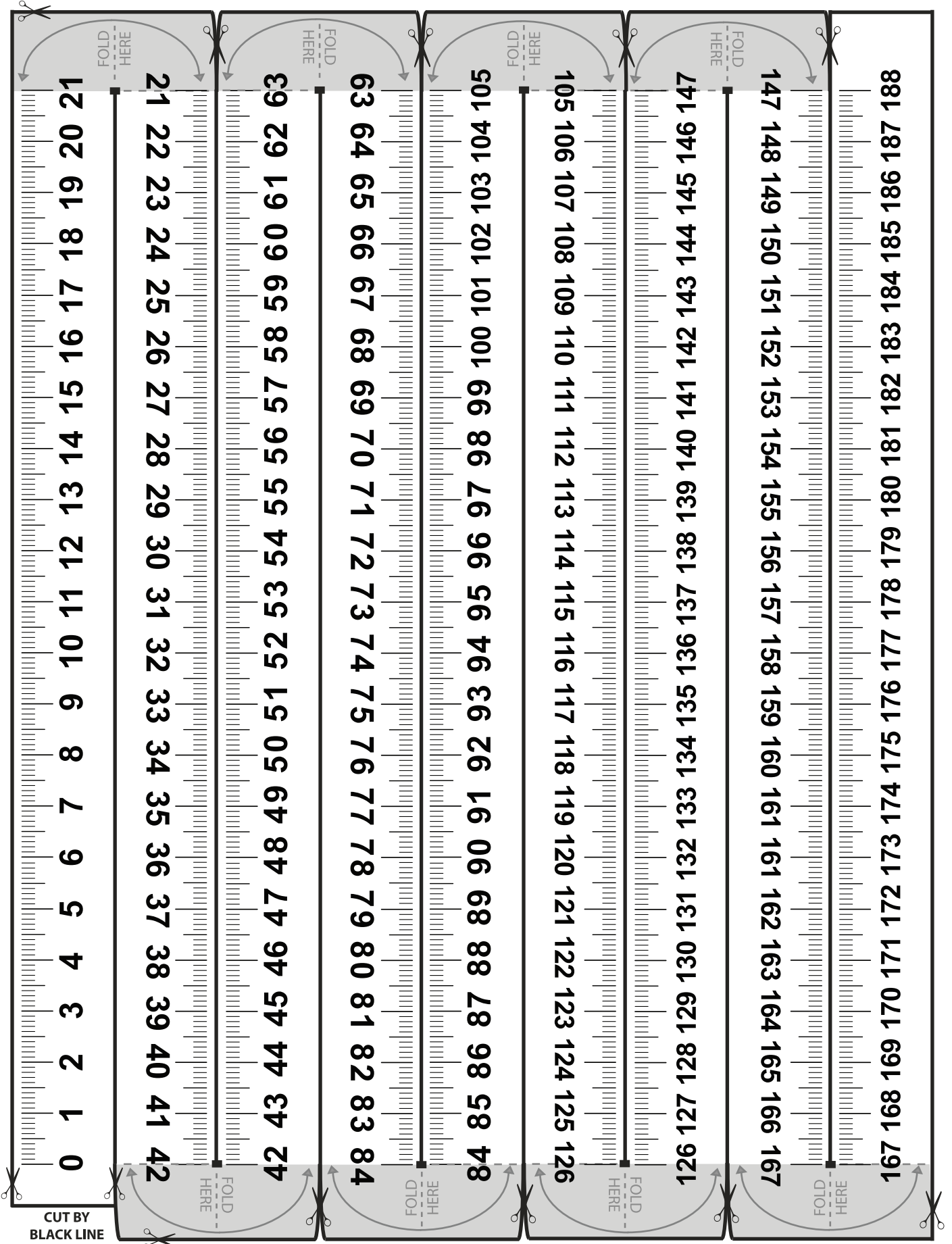
Make sure that either "Fit to page" or "Shrink oversized pages to paper size" options are NOT CHECKED in the print dialog box.

Make sure that "None" is selected in the list next to "Page Scaling".

Thank you!

sumissura

CENTIMETERS



INCHES

