



BODY MEASUREMENT FORM

Contact/ Personal Information

Name	Date	Height	<input type="checkbox"/> c.m. <input type="checkbox"/> in.
Company	Telephone	Weight	<input type="checkbox"/> kilo. <input type="checkbox"/> lbs.

Clothing Size Information

<input type="checkbox"/> Male	<input type="checkbox"/> Female
Dress Coat Size:	Dress Size:
Shirt Size-Collar: Sleeve:	Pant/SlacksSize:
Jeans/SlackSizeWaist: Inseam:	Bra Size/Chest: Cup:

Taking Measurements

Make sure tape measure is held snugly (not tightly) against your body. For circumference measurements (chest/waist/hips), tape measure should be parallel to floor.

If fitting for a flight suit, take measurements over garments you intend to wear under suit.

- 1 **Chest/Bust:** With arms relaxed at sides, measure around the fullest part of chest/bust. _____
- 2 **Natural Waist:** Measure around fullest part of waist (usually at navel level and small of back **A**). _____
- 3 **Pant Waist:** Measure around point where your trousers would normally ride (in your underwear). _____
- 4 **Hips:** Stand with heels together. Measure around fullest part of hips/seat. _____
- 5 **Inseam:** Measure from snug in crotch **B** to bottom hem of well fitting pants **C**. _____
- 6 **Outseam:** Measure from side point of "Pant Waist" measurement **D**, to bottom hem of pants **E**. _____
- 7 **Shoulder:** Across from widest point of one shoulder **F**, up to center-back of neck's base **G**, to widest point of opposite shoulder **H**. _____
- 8 **Sleeve:** From center-back of neck **G**, around widest point of shoulder **H**, to back of slightly bent elbow **I**, to wrist **J**. _____
- 9 **Collar to Waist:** Measure from bottom of collar **G**, down to center-back of "Natural Waist" **A**. Let tape measure follow contour of back. _____
- 10 **Collar to Inseam:** Repeat "Collar to Waist", but snug up inside center **B**, following the contour of the seat _____

