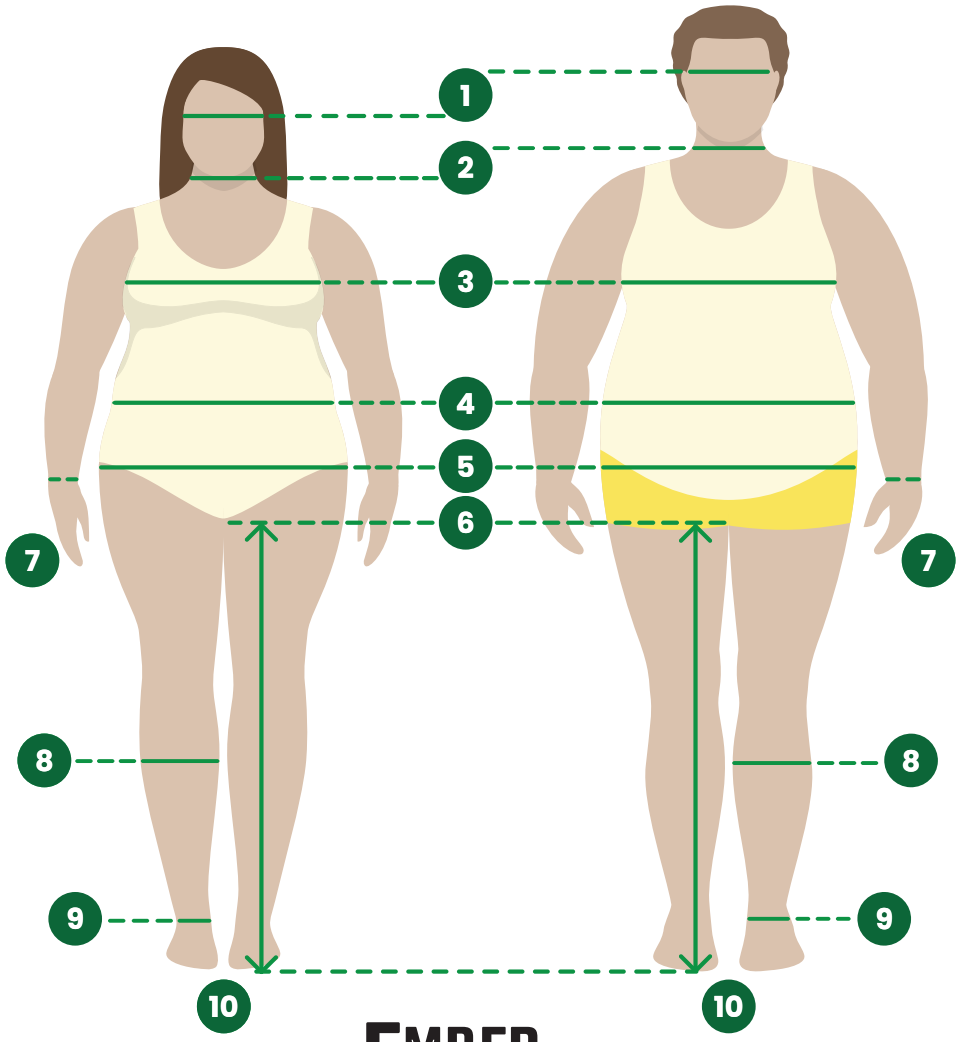
BODY MEASUREMENTS

Name: _____
Age: _____
Date: _____



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Tips:

- Use a flexible sewing tape measure that's at least 60 inches long.
- Wear a base layer that's not too bulky (thick) and not too restrictive (minimizing).
- Save the completed chart on your phone to reference while shopping.

1. **Head** _____
   Measure one finger-width above the ears.
2. **Neck*** _____
   Measure around the neck.
3. **Chest** _____
   Measure at the fullest point.
4. **Waist** _____
   Measure at the natural waist.
5. **Hips** _____
   Measure at the fullest point.
6. **Inseam** _____
   Measure along the inside of the leg from crotch to ankle bone.
7. **Wrist*** _____
   Measure around the wrist bone.
8. **Calf**** _____
   Measure at the widest part of the calf.
9. **Ankle**** _____
   Measure around the ankle bone.
10. **Shoe Size & Width** _____

* *Useful when shopping for jewelry.*
** *Helpful when buying boots or knee socks.*