Body Measurement Form

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Contact/ Personal Information

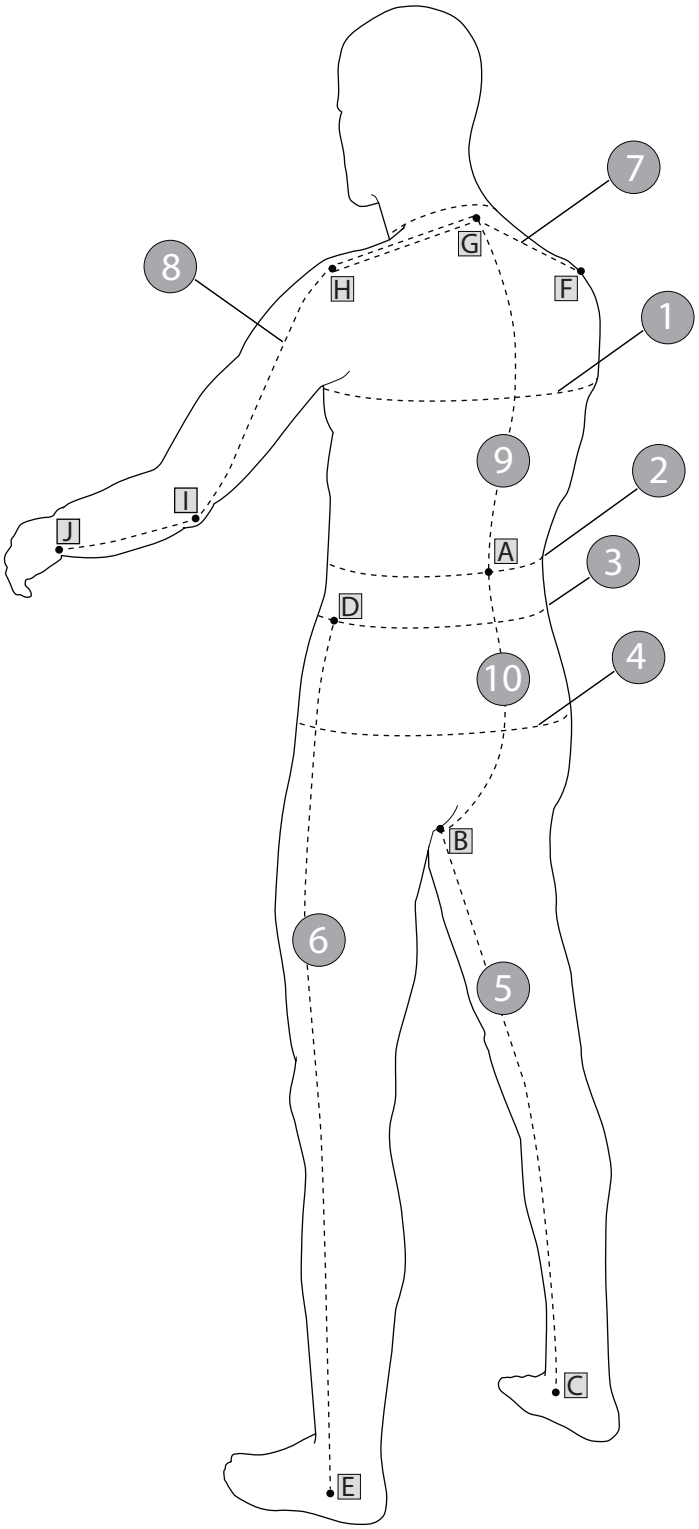
Name	Date	Height ☐ c.m. ☐ in.
Company	Telephone	Weight ☐ kilo. ☐ lbs.

Clothing Size Information

☐ Male	☐ Female
Sport/Dress Coat Size:	Dress Size:
Shirt Size - Collar: Sleeve:	Pant/Slacks Size:
Jeans/Slacks Size - Waist: 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 base 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 continue down to snug up inside center inseam B, following contour of seat. _____