

Measurement Worksheet



Name _____
 &
 Date _____

Instructions:

- Use a dressmaker's tape.
- Have someone measure you.
- Wear light clothing.
- The tape should be firm, but not tight.
- Stand upright and relaxed.
- Use a belt/ribbon to tie around waist as a reference.

Torso

Full body circumference
 1/2" below armpit

Bust circumference
 widest torso circumference above waist

Underbust circumference

Waist to Underbust

Waist circumference
 narrowest torso circumference

Hip circumference
 widest circumference between waist and knee

Waist to Hip
 vertical distance from waist to hip

Front

Full Length
 from highest point of shoulder (where neck starts) to the waist

Width of Shoulders
 from top of shoulder at outside edge of the bone going around front to other side

Center Front (from base of neck to waist)

Shoulder Length
 from highest point of shoulder to outside edge of shoulder bone

Breast Point
 from highest point of shoulder to breast apex

Back

Full Length
 from highest point of shoulder (where neck starts) to waist

Width Across Shoulder
 from top of shoulder at outside edge of the bone going around back to other side

Neck (from highest shoulder point to pt)

Side Length (1/2" below armpit to waist)

Sleeves

Over Arm (top of shoulder to wrist)

Under arm (from 1" below armpit)

Biceps Circumference
 (fullest part, approx. 1" below armpit)

Length to elbow

Wrist Circumference

Pants

Outer seam (Waist to Floor)

Waist to Center of Knee

Crotch
 Sit on chair & measure waist to chair seat

Mid-Thigh Knee Circumference

Above Knee Circumference

Below Knee Circumference

Ankle circumference