

# Measurement Chart

Use this hand chart for recording your measurements.

Space is allowed to record dimensions for both the left and right (L, R) sides of the body, which may be helpful when fitting an asymmetrical figure. Also front and back (F, B) where appropriate.

<b>Shoulders</b>	
Back width	_____
Shoulder length	L _____ R _____
Shoulder-to-shoulder	F _____ B _____
Front Shoulder Slope	LF _____ RF _____
Back Shoulder Slope	LB _____ RB _____
Neck to Waist	F _____ B _____
<b>Arms</b>	
Arm length	L _____ R _____
Biceps/upper arm circumference	L _____ R _____
Armhole depth	L _____ R _____
<b>Bust</b>	
Circumference, full bust	_____
Circ., upper bust	_____
Circ, under bust	_____
Chest width	_____

<b>Neck</b>	
Natural neckline (around)	_____
Neck edge to bust point (bust depth)	L _____ R _____
Neck edge to waist	L _____ R _____
<b>Legs</b>	
Inseam	
Outer seam	L _____ R _____
Waist to floor	F _____ B _____
<b>Crotch</b>	
Crotch depth	_____
Crotch length, total	_____
Crotch length	F _____ B _____
<b>Waist and hips</b>	
Waist circumference	
Abdomen width	_____
depth	_____
Hip circumference	_____
Hip depth	_____
Fullest part of hip	_____
Fullest hip depth	_____