office printable .com

BODY MEASUREMENTS

FAMILY

UNITS (IN / CM)

UPDATED

Name	Height	Chest / bust	Waist	Hips	Inseam	Neck	Sleeve	Foot	Usual sizes (US / EU)	Measured

How to measure (snug, not tight, over light clothing): Chest/bust: around the fullest part, tape level under the arms. Waist: around the natural waist, the narrowest part. Hips: around the fullest part of the hips. Inseam: from the crotch to the floor along the inside leg (or measure well-fitting trousers). Neck: around the base of the neck, plus a finger's width. Sleeve: from the center back of the neck over the shoulder to the wrist. Foot: heel to longest toe, standing, at the end of the day.