

# Body Measurements Worksheet

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NAME: \_\_\_\_\_

UNIT OF MEASURE:

DATE: \_\_\_\_\_

Inches     Centimetres

<b>1</b>	<i>Hat</i>	
<b>2</b>	<i>Neck</i>	
<b>3</b>	<i>Shoulder</i>	
<b>4</b>	<i>Across entire shoulder (front)</i>	
<b>5</b>	<i>High Bust</i>	
<b>6</b>	<i>Full Bust</i>	
<b>7</b>	<i>Bust apex to apex</i>	
<b>8</b>	<i>Shoulder to bust apex</i>	
<b>9</b>	<i>Bicep</i>	
<b>10</b>	<i>Elbow</i>	
<b>11</b>	<i>Wrist</i>	
<b>12</b>	<i>Arm length</i>	
<b>13</b>	<i>Waist</i>	
<b>14</b>	<i>Waist (seated)</i>	

<b>15</b>	<i>Shoulder to waist</i>	
<b>16</b>	<i>Center front to waist</i>	
<b>16</b>	<i>Hip</i>	
<b>18</b>	<i>Hip (seated)</i>	
<b>19</b>	<i>Front rise</i>	
<b>20</b>	<i>Back rise</i>	
<b>21</b>	<i>Crotch length (stride)</i>	
<b>22</b>	<i>Thigh</i>	
<b>23</b>	<i>Knee</i>	
<b>24</b>	<i>Ankle</i>	
<b>25</b>	<i>Leg length</i>	
<b>26</b>		
<b>27</b>		
<b>28</b>		