

FULL NAME

EMAIL

PHONE

ADDRESS

WEIGHT KG / LBS

HEIGHT CM / FEET

FABRIC / PHOTO



STANDARD MEASURING TAPE



FRIEND/PARTNER TO HELP YOU



FOLLOW OUR SIMPLE STEPS



FRONT LENGTH

INCHES

Measure from the shoulder seam (close to collar) down to your desired length.



FRONT ARMPIT TO ARMPIT

INCHES

Measure from one armpit, across your chest, to the other armpit.



BACK ARMPIT TO ARMPIT

INCHES

Measure from one armpit, across your back, to the other armpit.



SHOULDER SEAM TO WAIST

INCHES

Measure from the shoulder seam to your waist.



SHOULDER SEAM TO NIPPLE

INCHES

Measure from the shoulder seam to your nipple.



NIPPLE TO NIPPLE

INCHES

Measure from one nipple across your chest to the other nipple.



NECK

INCHES

Measure around your neck right below the Adam's apple / voice box. Provide some extra space to ensure a comfortable fit.



CHEST

INCHES

Pass the measuring tape directly through the armpit and across the fullest part of your chest while keeping it at the same level on the back.



STOMACH

INCHES

Take the measurement at the level of your navel. Stand in a relaxed upright position and breathe out while measuring.



HIP

INCHES

Measure around the widest part of the hip. Do not forget to empty your trouser's pockets before taking this measurement.



SHOULDER

INCHES

Measure from one end of the shoulder to the other end. The measuring tape should be held horizontally and follow the shoulder contour.



SLEEVES

LEFT	INCHES	RIGHT	INCHES
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Measure exactly the starting point where the shoulder width was measured before. Straighten your arm. The measuring tape should end at the base of the thumb.



BICEP

INCHES

Measure the bicep at its widest part. Usually this is exactly the middle of the upper arm. Relax your bicep when taking this measurement.

BEST DESCRIBED YOUR SHOULDER / POSTURE

☐

STRAIGHT

☐

STANDARD

☐

SLOPING

REMARKS