

MEASURING GUIDE (SHIRT)

Name: _____



Neck

Measure around the middle of the neck.

Your Neck: Inches



Chest

Measure around the widest part of the chest, directly underneath the armpits (include shoulder blades).

Your Chest: Inches



Stomach

Measure around the widest part of the stomach (include 'lovehandles'). Breathe normally.

Your Stomach: Inches

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Hip

Measure around the widest part of the hips.

Your Hip:

Inches



Length

Measure from the highest part of the shoulder (close to the neck) straight down to the desired shirt length (normally parallel to thumb bone). Make sure the person being measured is standing straight.

Your Length:

Inches



Shoulders

Measure from the point at which the shoulder meets the arm, across to the same point on the opposite side. Make sure the tape is placed high crossing the upper back, along the base of the neck.

Your Shoulders:

Inches



Sleeve

End Position 'Shoulders' = Starting Position 'Sleeve'. Measure down to the sleeve's edge (include cuff) at desired length (mid hand). Mid point of the measurement = elbow indent.

For Short Sleeve Shirts, measure down to desired sleeve length.

Your Sleeve:

Inches