



FIGURE 1A

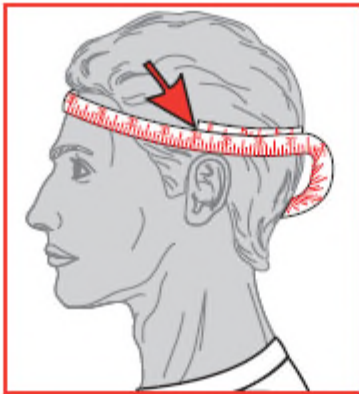


FIGURE 1B

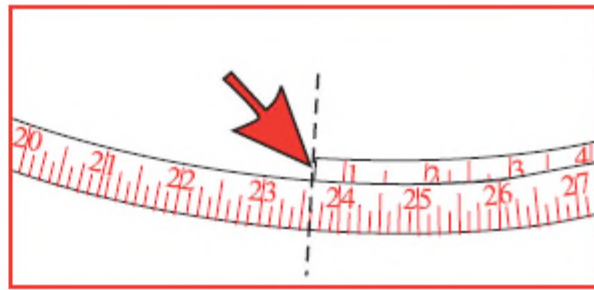


FIGURE 1C

# ARM MEASUREMENTS

By

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# WHAT YOU NEED

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- **A MEASURING TAPE**
- **A HELPER (FAMILY MEMBER)**
- **PEN AND PAPER**
- **RULER**
- **FITTING CLOTHES (NOT BAGGY) AND SOCKS**

# HEAD MEASUREMENT

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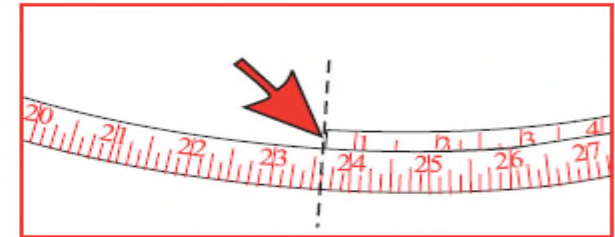
1. Measure around the widest point of the head, just above the ears.(Figure 1A & 1B.)
2. The correct measurement is the number that lines up with the edge (or beginning) of the tape (Figures 1B & 1C).



**FIGURE 1A**



**FIGURE 1B**

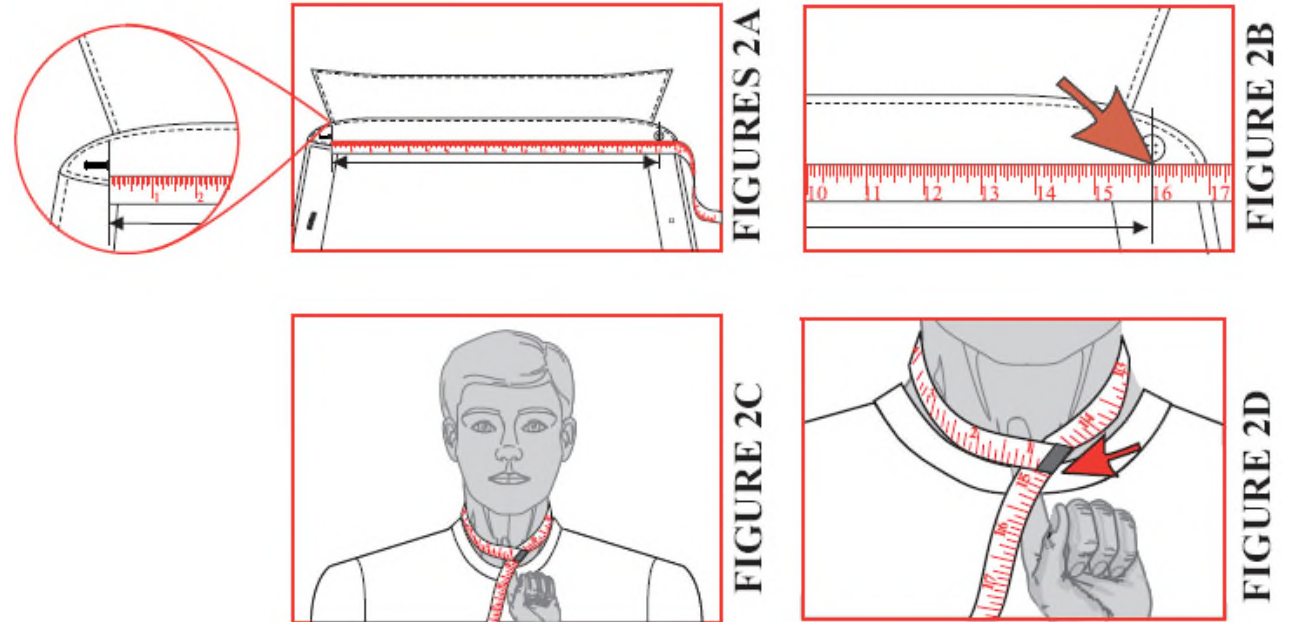


**FIGURE 1C**

*The correct measurement is the number that lines up with the edge of the tape, rounded up to the nearest  $\frac{1}{4}$  inch or 0.5 cm. This person has a head measurement of  $23\text{-}\frac{3}{4}$  inches.*

# NECK MEASUREMENT

1. This measurement is taken against the skin.
2. Wrap a tape around the neck, following the collar line (between the collar and the skin). Take the measurement where the top button would be if it were buttoned up.
3. At the front of the neck, make a “V” (90° angle) by crossing the edge (or beginning) of the tape over the tape length (Figures 2C & 2D).
4. Read the number that lines up with the bottom of the edge of the tape (you should be able to easily insert your finger between the measuring tape and your neck at the front)(Figure 2D).

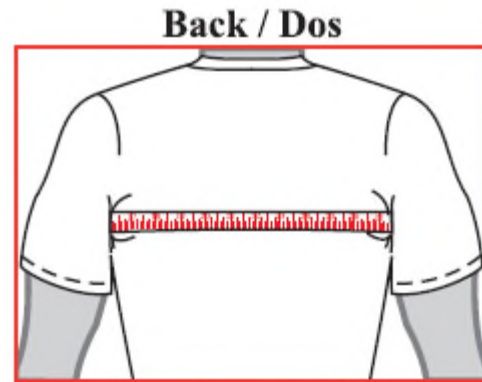


# CHEST MEASUREMENT

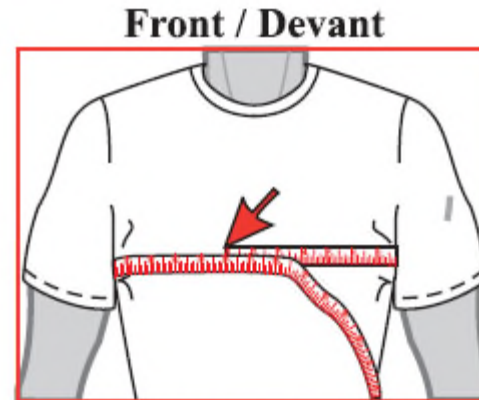
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1. Lift the arms, place tape around the chest at the largest part with tape parallel to the floor, place arms down to the sides and take the measurement (Figures 3A & 3B).

*Note: The measuring tape should be snug, but not too tight around the body.*



**FIGURE 3A**



**FIGURE 3B**

# WAIST MEASUREMENT

1. This measurement is taken directly against the skin, but you must wear trousers while taking it in order to determine your belt line (**Do not use low rise trousers**).
2. Wrap the tape around the waist at the belt line, inserting it between the trousers and skin (Figures 4B & 4C). The tape should be snug against the skin, but not tight.
3. The correct measurement is the number that lines up with the edge of the tape.

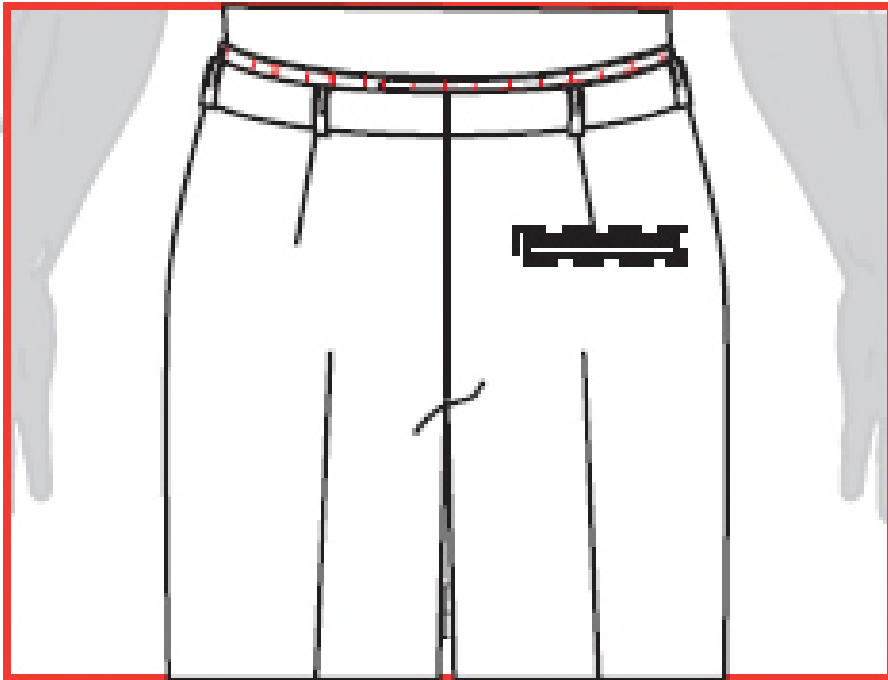


FIGURE 4B

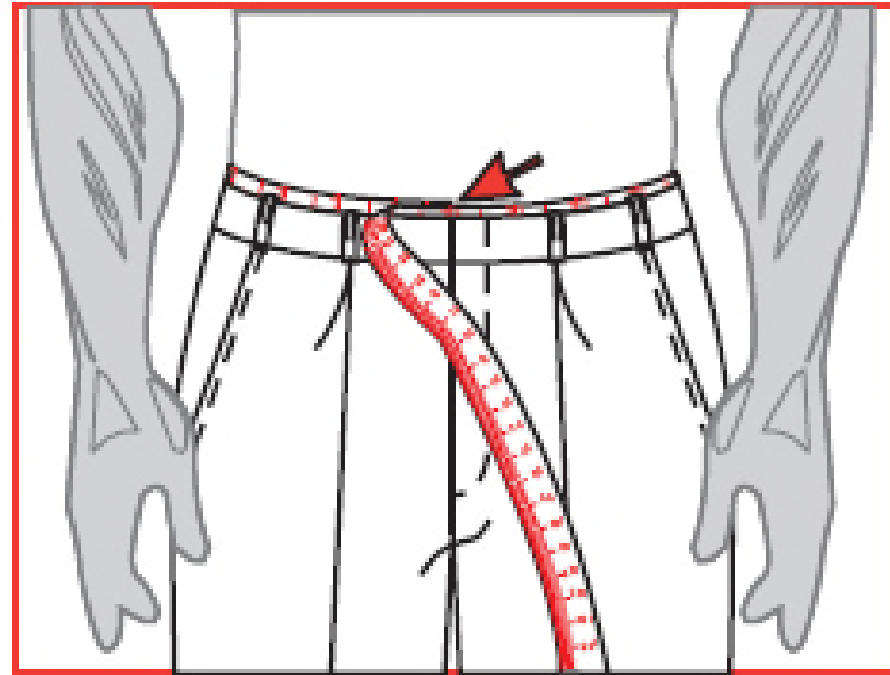


FIGURE 4C



# HEIGHT MEASUREMENT

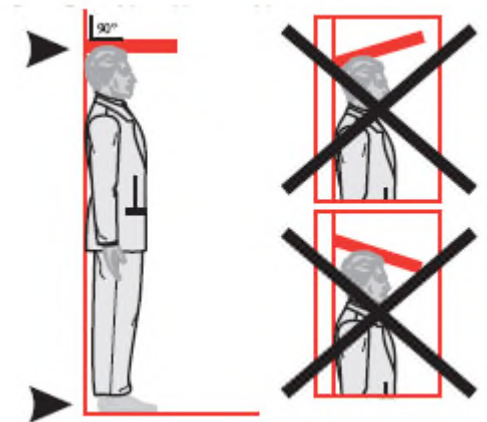
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## 1. Remove shoes.

2. Stand straight with heels together, with your back up against a wall. Make sure your head is touching the wall.

3. Take a flat and rigid tool (example: a wooden ruler is good) and place it flat on the head up against the wall. Make sure the tool is at a 90-degree angle with the wall, and make a mark on the wall with a pencil.

4. Measure in a straight line from the floor to the mark on the wall.



# FOOT MEASUREMENT

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1. Place your foot flat on a piece of paper
2. Trace around your sock with a pen or marker
3. Measure at the longest part of the foot in mm
4. Measure at the widest part of your foot in mm





# SENDING YOUR MEASUREMENTS

NAME:

SEX:

HEAD: INCH

NECK: INCH

CHEST: INCH

WAIST: INCH

HEIGHT: INCH

FOOT: MM

# QUESTIONS OR COMMENTS



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