

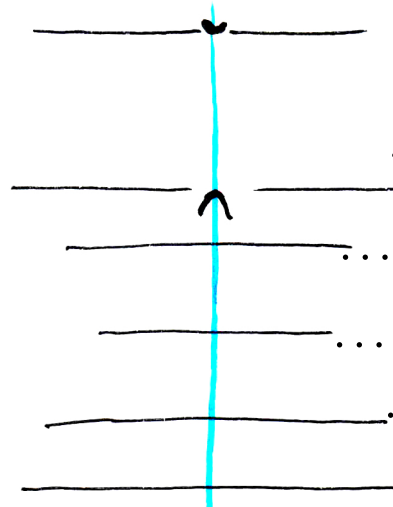
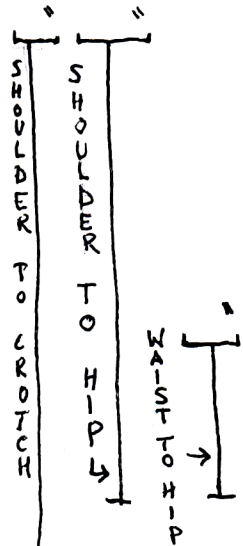
# body measurements

RECORD MEASUREMENTS and DRAW YOUR OWN SHAPE



HEAD CIRCUMFERENCE \_\_\_\_\_

NECK CIRCUMFERENCE \_\_\_\_\_



..... SHOULDERS .....  
(bone to bone) \_\_\_\_\_

..... BUST.....  
(at fullest part) \_\_\_\_\_

..... RIBCAGE.....  
(at solarplexus) \_\_\_\_\_

..... WAIST..... \_\_\_\_\_

..... HIGH HIP .....  
(top of hip bone) \_\_\_\_\_

..... HIP.....  
(at widest point) \_\_\_\_\_

THIGH CIRCUMFERENCE \_\_\_\_\_

INSEAM.....  
(from crotch to ankle) \_\_\_\_\_

OUTSEAM.....  
(from waist to ankle) \_\_\_\_\_

