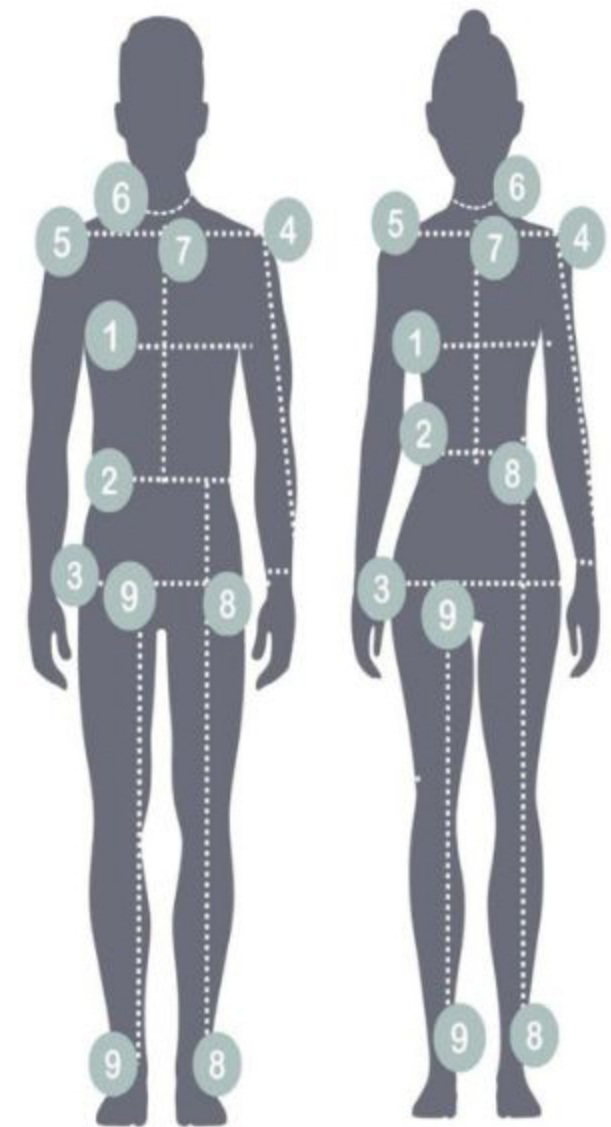


Body Measurement Chart

"Your Easy Guide to the Perfect Fit"

BasicBodyMeasurements Guidelines *This measurement guide is designed to help you take accurate body measurements, ensuring you select the right size garment for comfort and fit.*

Nr.	Measurements required:	Instructions, how to measure:	Date/Months:	Personal data (cm:}
1.	Chest	Measure around the fullest part of the chest under the arms and across the shoulder blades.		
2.	Waist	Measure loosely around the point where the waistband will be, at the waistline.		
3.	Hip	Stand with feet together. Measure loosely around the fullest part of the hips		
4.	Sleeve Length	Bend your elbow slightly and measure from shoulder to wrist (for long sleeve		
5.	Shoulder Width	Measure straight across the back from one shoulder tip to the other.		
6.	Neck Base	Measure around the base of the neck where the collar sits.		
7.	Bodice Length	Place the tape measure at the base of the neck and measure down to the desired length.		
8.	Skirts/Slacks Length	Measure from the waist down to the middle of the ankle		
9.	Leg Length	Measure from the top of the inner leg (crotch) down to the ankle.		



Tip: Ask a friend, family member, or carer to help if needed.

Accurate measurements mean better comfort and care