

# Body Measurement Chart

Record each measurement in centimetres. Follow the guide in the Remarks column.

Name

Date

Garment / project

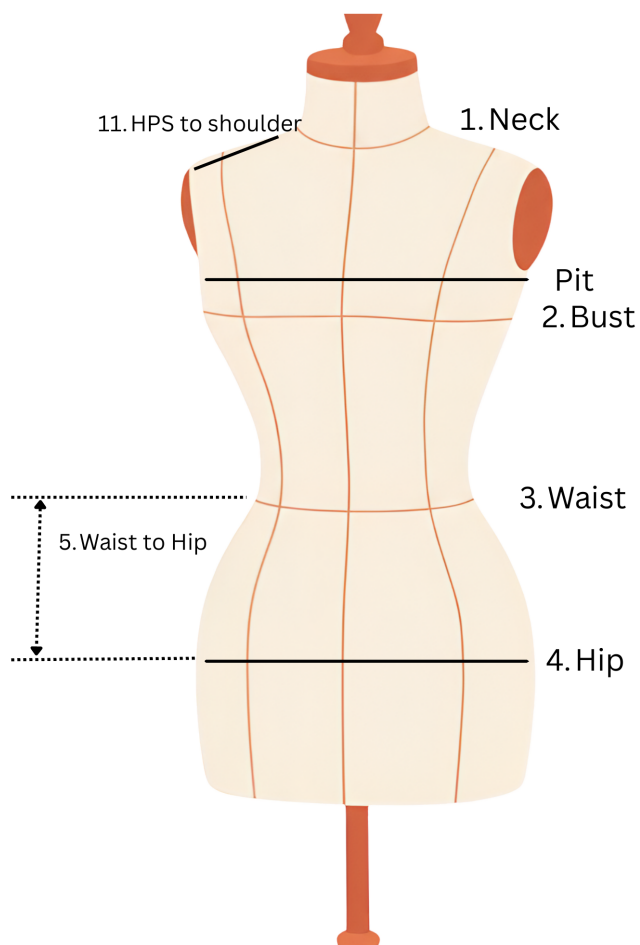
Measured by

| NO. | MEASUREMENT      | LENGTH (CM)       | REMARKS — HOW TO MEASURE                                                                                     |
|-----|------------------|-------------------|--------------------------------------------------------------------------------------------------------------|
| 1   | Neck             |                   | Measure around the base of the neck where a collar would sit.                                                |
| 2   | Bust             |                   | Measure around the fullest part of the bust, keeping the tape level.                                         |
| 3   | Waist            |                   | Measure around the narrowest part of the natural waist.                                                      |
| 4   | Hip              |                   | Measure around the fullest part of the hips and buttocks.                                                    |
| 5   | Waist to Hip     |                   | Measure down the side of the body from the waist to the fullest part of the hips.                            |
| 6   | Waist to Knee    |                   | Measure down the side of the body from the waist to the centre of the knee.                                  |
| 7   | Waist to Ankle   |                   | Measure down the side of the body from the waist to the ankle bone.                                          |
| 8   | HPS to Bust Line | F = _____         | Measure from the Highest Point Shoulder (where the shoulder meets the neck) straight down to the bust point. |
| 9   | HPS to Pit Line  | B = _____         | Measure from the Highest Point Shoulder straight down to the level of the armpit.                            |
| 10  | Full Length      | F = ____ B = ____ | Measure from the Highest Point Shoulder straight down to the natural waist (front and back).                 |
| 11  | Half Shoulder    |                   | Measure from the Highest Point Shoulder to the shoulder tip where the arm begins.                            |
| 12  | Apex to Apex     |                   | Measure horizontally between the left and right bust points.                                                 |
| 13  | Short Sleeve     |                   | Measure from the shoulder point to the desired sleeve ending (short, elbow, 3/4, or full).                   |
| 14  | Full Arm Length  |                   | Bend the arm slightly and measure from the shoulder point over the elbow to the wrist bone.                  |

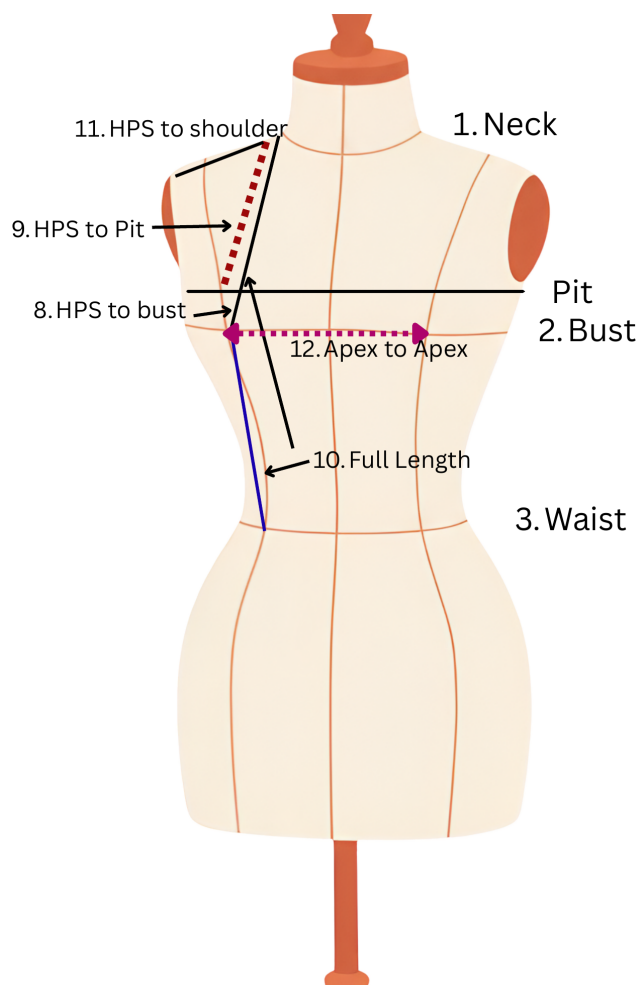
**Tips:** Wear the undergarments you'll sew for. Stand naturally and breathe normally. Tie a piece of elastic at the waist first — it marks your natural waistline for the vertical measures. Measure the right side of the body; note any left-side differences separately.

## How to Measure — Visual Reference

Use these dress-form diagrams alongside the chart. Numbers match the measurement list.



**Front & body:** neck, bust, waist, hip, waist-to-hip, HPS to shoulder.



**Upper-body detail:** HPS to bust / pit, full length, apex to apex.