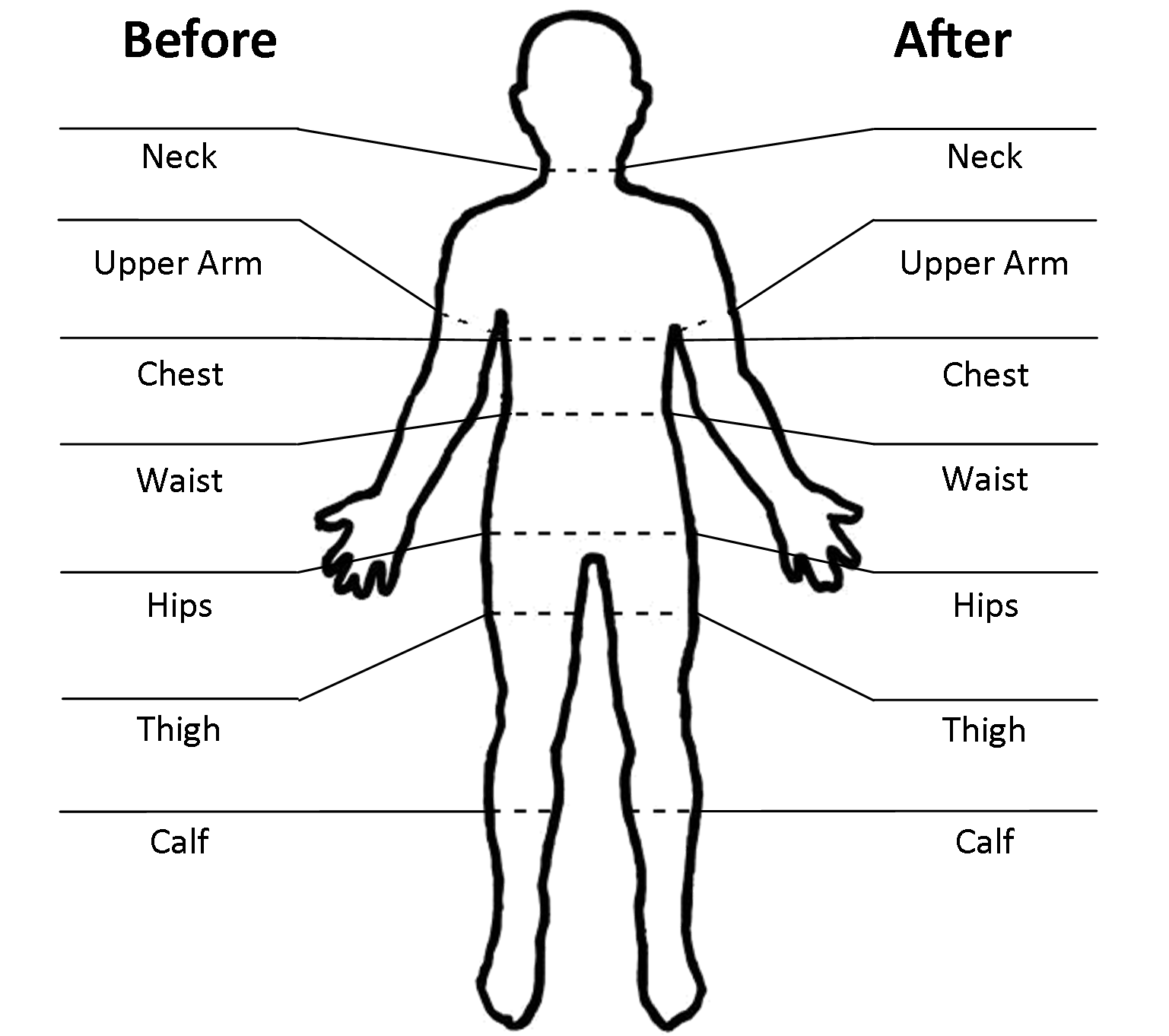
**Measurements:**

*Before you start measuring, remember to:*

1. Use a non-stretchable tape
2. Make sure the tape measure is level around your body and parallel to the floor
3. Relax the muscle being measured for an accurate reading.
4. Keep tape close to your skin without depressing it.

* **Neck (men):** Measure your neck circumference. Place the tape underneath your Adam's apple so it makes contact with your skin and conforms to your neck.
* **Neck (women):** Measure your neck by applying the tape over the point just below your larynx. To find your larynx, gently place a few fingers on the front of your neck and swallow. You will feel a lump after you swallow. Measure the width of your neck from just below that point.
* **Upper arm:**Measure above your elbows – around fullest part. Arm should be against your body when measuring.
* **Chest:**Measure directly under your breasts, as high up as possible.
* **Bust:**Measure all the way around your bust and back on the line of your nipples.
* **Waist:**Measure at its narrowest point width-wise, usually just above the navel.
* **Hips:**Measure around the widest part of the hipbones.
* **Thighs:**Measure around fullest part of upper leg while standing
* **Calves:**Measure around fullest part.



Weight

Weight

Bust

Bust

R:

R:

R:

R:

R:

R:

L:

L:

L:

L:

L:

L: