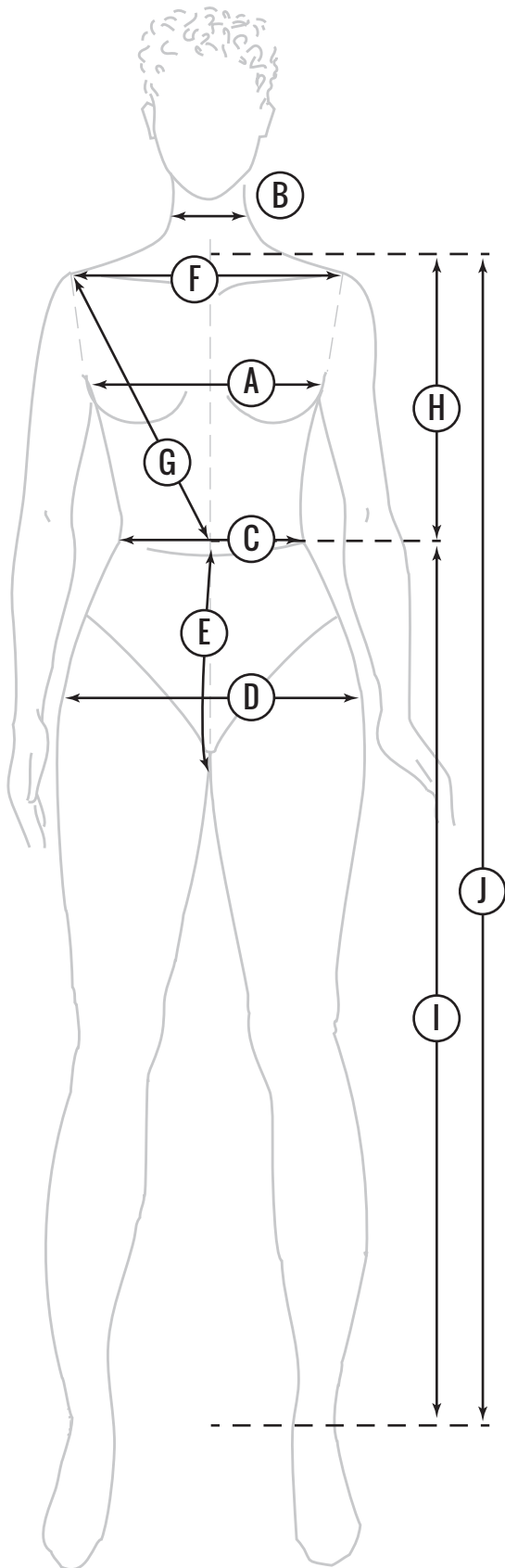


**Making  
Modest  
Fashion  
Look  
Fabulous**

**HOW TO MEASURE  
TOOL KIT**



**A. Chest Circumference**

Measure around the chest, crossing the bust points and parallel to the floor

\_\_\_\_\_ inches/cm

**B. Neck Circumference**

Measure around the middle of your neck and parallel to the floor

\_\_\_\_\_ inches/cm

**C. Natural Waist**

Measure the circumference of your natural waist, usually an inch above your belly button and parallel to the floor.

\_\_\_\_\_ inches/cm

**D. Hip Circumference**

Measure the circumference of the fullest area of your hips and parallel to the floor.

\_\_\_\_\_ inches/cm

**E. Crotch length**

Measure from the middle of your natural waist in front inbetween your legs to your natural waist in the back

\_\_\_\_\_ inches/cm

**F. Front Shoulder Width**

Wearing a tailored shirt, measure from shoulder seam to shoulder seam

\_\_\_\_\_ inches/cm

**G. Front Shoulder Slope**

Wearing a tailored shirt, measure from right shoulder seam to an inch above belly button at your natural waist

\_\_\_\_\_ inches/cm

**H. Front Bodice Length**

Measure from the middle of your collar bone @ the highest point on your shoulder (HPS) to your natural waist

\_\_\_\_\_ inches/cm

**I. Front Skirt Length**

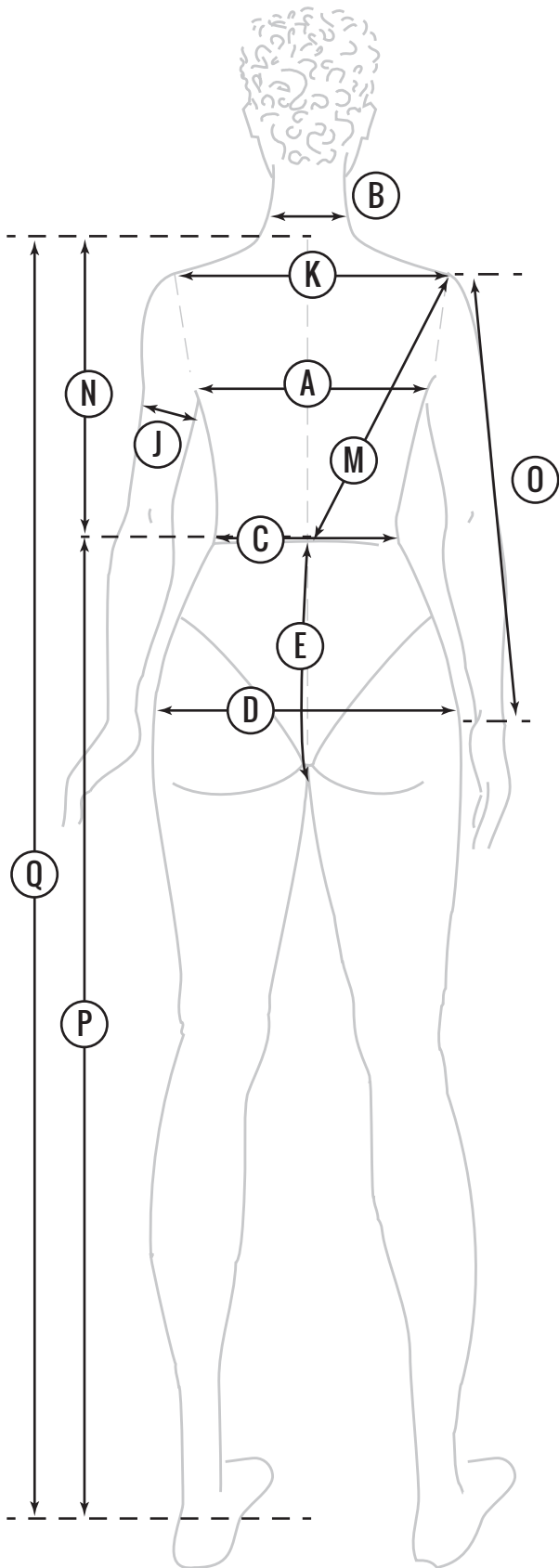
Measure from your natural waist at front to your ankle

\_\_\_\_\_ inches/cm

**J. Front length**

Measure from the middle of your collar bone at the highest point on your shoulder (HPS) to your ankle

\_\_\_\_\_ inches/cm



**K. Back Shoulder Width**

Wearing a tailored shirt, measure from shoulder seam to shoulder seam

\_\_\_\_\_ inches/cm

**L. Bicep Circumference**

Measure the widest area of your arm between the shoulder and elbow

\_\_\_\_\_ inches/cm

**M. Back Shoulder Slope**

Wearing a tailored shirt, measure from left shoulder seam to right above middle of your back at your natural waist

\_\_\_\_\_ inches/cm

**N. Back Bodice Length**

Measure from the middle of back neck to your natural waist

\_\_\_\_\_ inches/cm

**O. Arm Length**

Wearing a tailored shirt, measure from shoulder seam to your wrist

\_\_\_\_\_ inches/cm

**P. Back Skirt Length**

Measure from your natural waist @ back to your ankle

\_\_\_\_\_ inches/cm

**Q. Back Length**

From the back, measure from the highest point at your shoulder (HPS) to your ankle

\_\_\_\_\_ inches/cm

**WHAT YOU NEED**

Printer, Scissors, Clear tape

**HOW TO ASSEMBLE**

1. Print the measuring tape
2. Before cutting, use a ruler to check the accuracy of the tape. It's important that you follow the printing instructions below.
3. Cut along horizontal lines. Place the right hand side of each strip on top of the corresponding left hand side of the following strip.
4. Use clear tape to attach the pieces in order.

**IMPORTANT: MEASURING TAPE MUST PRINT IN ACTUAL SIZE**

Depending on your version of Acrobat Reader, be sure either "Fit to page" or "Shrink oversized pages to paper size" is NOT checked in the Print dialog box. To be sure it printed correctly use a ruler to measure one inch to make sure its accurate.

**MEASURING TIPS**

1. It will be easier to take your measurements if you wear a shirt and a pair of pants that fits you well. You can use them as a guide. Get a friend or relative to help you measure if you can.
2. I recommend you to take each measurement twice in order to confirm it.
3. Keep a relaxed and natural posture during the measuring process.

