

Name of person being measured.

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1	HEIGHT (full height without shoes)
2	WEIGHT (Kg)
3	GENERAL HEIGHT (straight line measurement from point 'A' to the center of the ankle bone.
4	NECK - circumference at narrowest point
Α	FRONT BODY LENGTH - from collar bone to crotch - as per diagram "B"
В	BACK HEIGHT - from point 'A' to crotch line - see diagram "B"
C	FULL BODY LENGTH - one measurement from collar bone to point 'A' - see diagram "B"
6	TOP BUST/UPPER CHEST (with arms down, measurement taken through armpit.
7	BUST - with arms lowered, through nipple line ABDOMINAL - a little above waist, at thinnest point
8	ABDOMINAL - a little above waist, at thinnest point
9 1	OWER ABDOMINAL - the most prominent part of the abdominal
10	BUTTOCK - the most prominent part of the buttocks
11	SHOULDER WIDTH - from the extreme point of the shoulder, go through point 'A' to the other edge of the shoulder blade
12	SLEEVE LENGTH - with arm at 45 degrees, measure from point 'A' to wrist
	ARM LENGTH - with arm at 45 degrees, measure from edge of shoulder blade to wrist
14	SHOULDER JOINT - with arm at 45 degrees, take measurement at armpit up around shoulder
15	UPPER ARM CIRCUMFERENCE - with arm raised at 45 degrees, go around the upper arm at armpit
16	
17	
18	
19	
20	INSIDE LEG - from the crotch down to center of ankle bone
21	THIGH - largest part of thigh
22	THIGH INTERMEDIATE - circumference midway between crotch and knee
	ABOVE KNEE - immediately above kneecap
	BELOW KNEE - immediately below kneecap
	CALF CIRCUMFERENCE - largest part
26	ANKLE - at narrowest part above ankle bone
27	LOWER LEG LENGTH - from the center inside of the knee to the center of the ankle bone
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#11 Divided by 2 + #13 = #12 B + #20 = #3

30...... UNDER BUST - bust measurement immediately below breast

29 FOOT LENGTH - from the heel to tip of big toe while standing with weight on foot

31 BREAST DROP - from nipple, going vertically to the middle of the shoulder

28 HEAD CIRCUMFERENCE - the largest part

32 NIPPLE DISTANCE - distance between nipples