

Measurement Sheet

This sheet is a generic measurement sheet compiled of many different sheets I have seen. I think it covers just about every measurement you could possibly need.

Persona:	Name:	Height:	Weight:
Phone:	Date		

- _____ Ear to Ear (across top)
- _____ Head
- _____ Throat
- _____ Neck circumference
- _____ One shoulder length
- _____ Nape of neck to base of armseye
- _____ Shoulder to shoulder (front) _____ Shoulder to shoulder (back)
- _____ Armseye to armseye (front) _____ Armseye to armseye (back)
- _____ Circumference of armseye
- _____ Chest circumference
- _____ Rib circumference
- _____ Waist (at naval)
- _____ Hip circumference
- _____ Waist to hip
- _____ Waist to below knee
- _____ Waist to floor
- _____ Neck to floor
- _____ Neck to waist
- _____ Neck to knee
- _____ Neck to mid-calf
- _____ Top of shldr line to waist
- _____ Mid-shoulder to waist
- _____ Mid-shoulder to chest level
- _____ Mid-shoulder to hip _____ Armpit to waist
- _____ Bicep (flexed)
- _____ Elbow _____ Forearm
- _____ Wrist
- _____ Shoulder to elbow
- _____ Elbow to wrist
- _____ Arm length (bent)
- _____ Amrpit to wrist
- _____ Thigh circumference
- _____ Above knee
- _____ Below knee
- _____ Calf circumference
- _____ Ankle circumference
- _____ Instep girth
- _____ Arch
- _____ Inseam to floor _____ Inseam to ankle _____ Inseam to below knee
- _____ crotch stride _____ Crotch girth _____ Crotch depth

