



## Body Measurements

For all measurements, stand with feet together and make sure measuring tape is flat. You will want to measure twice in each area to make sure you are finding the same results (or take an average of the two). It is important when you re-measure that you measure in the same spot you had previously measured for accuracy.

- Arms: Stand up straight with one arm relaxed and find the midpoint between the shoulder bone and the elbow of that arm.

Right arm \_\_\_\_\_

Left arm \_\_\_\_\_

- Calves: Measure halfway between the knee and the ankle.

Right calf \_\_\_\_\_

Left calf \_\_\_\_\_

- Chest: Measure around the nipple line (usually the widest part around your bust)

Chest \_\_\_\_\_

- Hips: Measure around the widest part of your bottom.

Hips \_\_\_\_\_

- Thighs: Look for the midpoint between the lower part of your bottom and the back of the knee.

Right thigh \_\_\_\_\_

Left thigh \_\_\_\_\_

- Waist: Find your natural waist – typically around your belly button.

Waist \_\_\_\_\_