



# MEASUREMENT SHEET

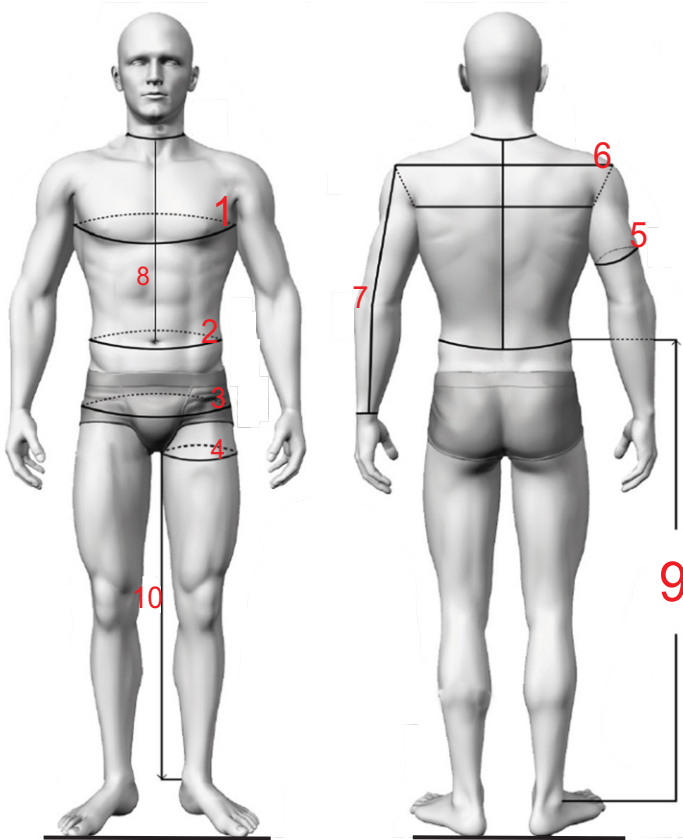
### Measuring Tips!

- \*Measure using a cloth measuring tape.
- \*Do not measure Yourself, ask someone for help.
- \*Take exact measurements in inches and round it to the nearest half inch.

\*WEIGHT: .....-Lb  
 \*HEIGHT: .....-IN/FT  
 \*sex: .....

\*Body Type:  SLIM SMART  AVERAGE SMART  STOCKY SMART

MEASUREMENT (INCHE'S)



[1] Chest (Measure around chest at armpit)	<input type="text"/>
[2] Waist (Measure around waist which is at your belt line)	<input type="text"/>
[3] Hips (Measure around hips at the largest point)	<input type="text"/>
[4] Thigh (Measure around thigh below crotch)	<input type="text"/>
[5] Upper Arm (Measure around the bicep)	<input type="text"/>
[6] Shoulder Tips (Measure from back one shoulder tip to other shoulder tip)	<input type="text"/>
[7] Shoulder to Wrist (Measure from back of shoulder to wrist bone)	<input type="text"/>
[8] Neck to Waist (Measure from base of neck to middle of belt Line)	<input type="text"/>
[9] Waist to Ankle (Measure from belt line to ankle bone)	<input type="text"/>
[10] Inseam (Measure from crotch seam to ankle bone)	<input type="text"/>

I Acknowledge my measurements to be accurate and take full responsibility for errors on this form before.