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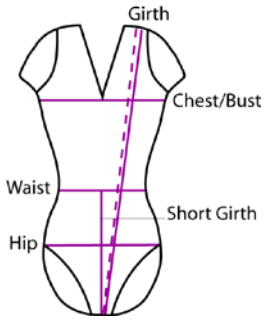
NAME _____ Height _____

DATE _____ Weight _____

1	Head	
2	Neck	
3	Bust/Chest	
4	Underbust	
5	Waist	
6	Bustpoint to bustpoint	
7	Bustpoint to waist	
8	Hip at hipbone	
9	Hip at fullest point	
10	Upper arm	
11	Wrist	
12	Thigh	
13	Knee	
14	Ankle	
15	Across shoulder	
16	Sleeve (shoulder to wrist)	
17	Back (nape of neck) to waist	
18	Waist to knee	
19	Waist to floor	
20	Front to waist	
21	Waist to hipbone	
22	Inseam to knee	
23	Inseam to floor	
24	Girth	
25	Waist (Short) girth	

Please be accurate with measurements as the fit of your costume depends on the measurements YOU provide. Do NOT measure yourself.

How to Measure



Measurements **must** be taken by a second person. Before beginning measurements, have dancer tie a ribbon or elastic around body at natural waistline. Please be sure this is truly at the waistline and not on the hips (which, because of current fashions, is where some girls think their waist is). Dancer should be barefoot or wearing ballet slippers.

Chest/Bust
Measure around the fullest part.

Waist
Measure around the narrowest part of the natural waistline—where a belt would naturally fit.

Hip
Measure around the fullest part of the hips.

Girth
Measure from the top of the shoulder down the body and back around to the top of the shoulder.

Short Girth (Women)
Measure from natural waist in front, between legs, up to natural waist in back

Shoulder Width
Measure from the bony projection at the top of one shoulder to the other across the back

Sleeve
Measure from the bony projection at the top of one shoulder to the elbow and then to the wrist

Back Waist
Measure from nape of neck (bony projection below hairline) to natural waistline

Waist to Knee
Measure from natural waistline to center crease at back of knee

Waist to Floor
Measure from natural waistline at back to floor

Height
Measure from top of head to floor