

## BODY MEASUREMENT SHEET

### Directions for Taking your Measurements

*This is best done with someone to assist you.*

1. Tie a cord around your waist to use it as a reference point.
2. Wear the shoes you will be wearing with the costume or shoes with heels of the same height.
3. Wear the bra you will wear with the costume.
4. Repeat all measurements twice to be sure.

- A Natural waist  
Desired waist (pulled in)
- B Bust around fullest point
- C High bust - top of bra
- D Under bust - under breasts on ribcage
- E Hips - 5 finger-width below waist
- F Hips - around fullest point of hips and buttocks
- G Centre front waist to point between breasts
- H Centre front waist to meet line F around hips
- I Centre front waist to meet line C above nipple
- J Side seam from waist up to meet line C at the side
- K Side seam from waist down to meet line F at the side
- L Centre back waist up to meet line C at centre back
- M Centre back waist down to meet line F at centre back
- N Waist line up to meet line D
- O Centre front waist to floor centre front
- P Centre back waist to floor centre back
- Q Waist side to floor on the side
- R Your height

