BODY MEASUREMENT CHART

Printable, body-neutral reference for clothing, tailoring and proportion tools.

Date: _____ Unit: [ ] inches [ ] centimeters

Person / project (optional): _____

MEASUREMENT	WHERE TO MEASURE	VALUE
Bust / chest	Fullest chest circumference	_____
Natural waist	Natural waist, not trouser waistband	_____
High hip (optional)	Upper hip below natural waist	_____
Full hip / seat	Fullest circumference including seat	_____
High bust (optional)	Above bust, across upper chest	_____
Underbust (optional)	Below bust / chest	_____
Neck (optional)	At garment/pattern landmark	_____
Shoulder circumference*	Around shoulders, not shoulder width	_____
Upper arm (optional)	Fullest upper-arm circumference	_____
Wrist (optional)	At the wrist	_____
Thigh (optional)	Fullest upper thigh	_____
Calf (optional)	Fullest calf	_____
Inseam (optional)	Garment/pattern-specific inseam route	_____
Sleeve length (optional)	Pattern or tailor landmark	_____
Height (optional)	Standing height	_____

Notes / fit context:

* Shoulder circumference is not shoulder width. Only enter it into a tool that explicitly asks for it.

Keep the tape level where the guide calls for a circumference; snug, not tight.

Full hip and high hip are different. Measure each separately when requested.

Clothing fit depends on the garment and retailer chart. This is not a medical measurement protocol.