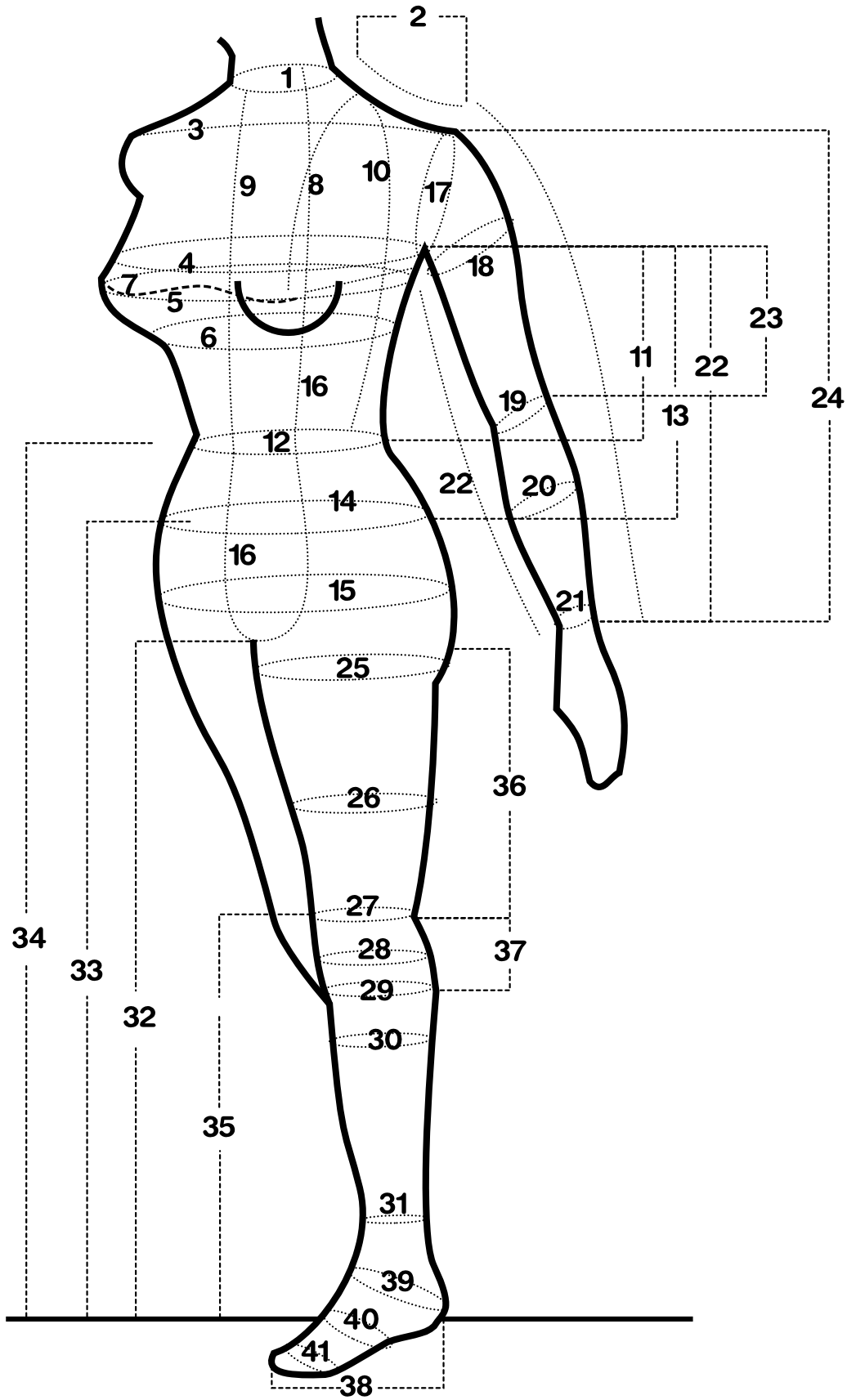


Measures from:

Telefon: _____



_____ height

Torso (please stand relaxed and upright)

- _____ 1) neck circumference
- _____ 2) shoulder from neck to sleeve seam
- _____ 3) crown width from sleeve seam to sleeve seam
- _____ 4) upper breast circumference, directly under the armpit
- _____ 5) breast circumference over nipples
- _____ 6) under the breast circumference
- _____ 7) distance nipples
- _____ 8) shoulder seam to nipple vertical
- _____ 9) neck (1cm over the breastbone) to waist
- _____ 10) shoulder seam to waist at the back
- _____ 11) armpit to waist
- _____ 12) circumference waist
- _____ 13) armpit to hip
- _____ 14) circumference hip
- _____ 15) circumference butt
- _____ 16) neck (1cm over the breastbone) to neck though the crotch (where the t-shirt-collar is)
- _____ 16a) navel to tailbone (through the crotch)
- _____ 16b) neck (1cm over the breastbone) to crotch

Arms (the arm should be hanging relaxed)

- _____ 17) circumference armpit
- _____ 18) upper arm
- _____ 19) elbow
- _____ 20) lower arm
- _____ 21) wrist
- _____ 22) armpit to wrist (arm inner face)
- _____ 23) armpit to elbow
- _____ 24) sleeve seam to wrist (arm outer face)
- _____ 46) hand circumference without thumbs

Legs

- _____ 25) thigh near crotch
- _____ 26) thigh between crotch and knee
- _____ 27) over the knee
- _____ 28) knee
- _____ 29) under the knee
- _____ 30) calf
- _____ 31) ankle
- _____ 32) crotch to ground floor
- _____ 33) hip to ground floor
- _____ 34) waist to ground floor
- _____ 35) knee to ground floor
- _____ 36) crotch to knee
- _____ 37) knee to calf (thickest point)
- _____ 38) length of the feet (wet footprint)
- _____ 39) circumference foot around heel
- _____ 40) circumference foot around shoe base
- _____ 41) circumference foot around toes
- _____ 42) shoe size (please quote US – GB – EU)

Notice: Please take all measures taut and linear in full centimetres. Don't follow the body-contours. Look to it, that the measured person stand relaxed upright and do not bend over. The arms must hang free sideward's. The difficult is to find the right point, so make a decision where you guess the seam at the normal clothing.