

## Dimension Sheet Tailor-made Shirt

*The measurements are taken over a tight shirt or thin clothes. Ideally, you should have someone who can take your measurements. You should have an upright but loose posture. The tape measure should not be too tight or too loose.*

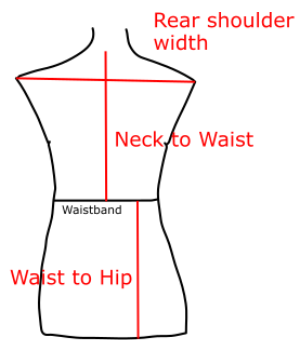
You need:

- Tape measurement
- Waistband (rubber band, cord, fabric stripe)

<b>Name</b>		<b>Gender</b>	
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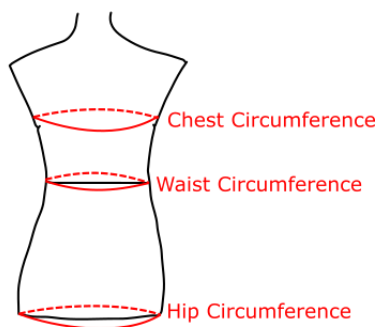
**Step 1:** Put on the waistband.

**Step 2:** Measure lengths at your back.



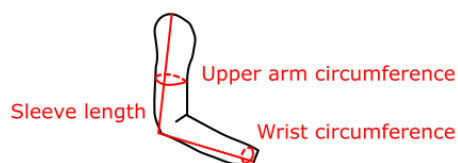
<b>Neck to Waist</b>	
<b>Waist to Hip</b>	
<b>Rear shoulder width</b>	

**Step 4:** Measure some circumferences.



<b>Chest circumference</b>	
<b>Waist circumference</b>	
<b>Hip circumference</b>	

**Step 5:** Take some dimensions of your arm.



<b>Sleeve length</b>	
<b>Upper arm circumference</b>	
<b>Wrist circumference</b>	

<b>Measurements taken by</b>		<b>Date</b>	
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