

Reflection Chart for Women

Quick Tips

- All you really need is a soft measuring tape (or a piece of string and a regular tape measure) and a pen to record your measurements
- Wear something comfortable and fitted. Avoid loose or baggy clothing & remove any items from pockets
- **We highly recommend that you have someone assist you when taking measurements**

Measurements

<i>(Measure around)</i>	Record Data
1. Neck	
2. Bust	
3. Under Bust (<i>ribcage</i>)	
4. Natural Waist (<i>usually at navel</i>)	
5. Top Hip (<i>low waist</i>)	
6. Hip (<i>fullest part around</i>)	
7. Thigh	
8. Knee	
9. Calf	
10. High Ankle	
11. Ankle	
12. Top Arm (<i>bicep</i>)	
13. Wrist	
<i>(Measure down)</i>	
1. Full Length (<i>front side neck point to waist</i>)	
2. Bust Apex (<i>front side neck point to nipple</i>)	
3. Bust Depth (<i>nipple to under bust</i>)	
4. SNP (<i>back+ side neck point to waist</i>)	
5. Armscye Depth (<i>base of neck to shoulder blade</i>)	
6. Sleeve Length	
7. Shoulder to Elbow	
8. Side Length (<i>base of armpit to waist</i>)	
9. Waist to Hip	
10. Waist to Knee	
11. Inseam (<i>crotch down leg to ankle</i>)	
12. Outseam (<i>waist down side to floor</i>)	
13. Crotch Length	
14. Crotch Depth	
<i>(Measure across)</i>	
1. Shoulder (<i>base of neck to shoulder seam</i>)	
2. Across Shoulder	
3. Bust Span (<i>distance between nipples</i>)	
4. Across Back	