

Reflection Chart for Men

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

(Measure around)	Record Data
1. Head	
2. Neck	
3. Chest	
4. Natural Waist (<i>usually at navel</i>)	
5. Low Waist	
6. Hip (<i>fullest part around</i>)	
7. Thigh	
8. Knee	
9. Calf	
10. Bicep	
11. Wrist	
(Measure down)	
1. Height	
2. Full Length (<i>front side neck to waist</i>)	
3. Center Front (<i>base of neck to waist</i>)	
4. Sleeve Length	
5. Shoulder to Bicep	
6. Shoulder to Elbow	
7. Side Length (<i>base of armpit to waist</i>)	
8. Waist to Hip	
9. Waist to Thigh	
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	
(Measure across)	
1. Shoulder (<i>base of neck to shoulder seam</i>)	
2. Across Shoulder	
3. Across Chest	
4. Across Back	