

Reflection Chart for Women

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