

Measurement chart

Measurements in cm		Name			
		Date			
Body measurements		Comments:			
BoH	Body height				
BrC	Breast circumference				
WaC	Waist circumference		½	¼	
HiC	Hip circumference		½	¼	

WaBaC	Waistband circumfer.		½	¼	
WaBaDi	Waistband distance waist tape to WaBa	f	b	r	l

Warning: The WaBaDi are not necessarily identical to the inclined waist position!

WaH	Waist height from floor to waist tape	f	b		
		r	l		

ideal

mWaH	
sWaH	

NeC	Neck circumference		Calculation: NeC : 6 + 0.5 cm =		Neck gauge	NeG	
mBL	measured back length		± inclined back waist		=	Back length	BL
mBrD	measured breast depth	r	l	∅	mBrD - NeG =	Breast depth	BrD
mFL	measured front length	r	l	∅	mFL - NeG =		
			± inclined front waist		=	Front length	FL

Place a paper strip horizontally just below the arm / armpits and across the back.

mAhD	measur. Armhole depth		Check: (BoH + BrC) : 10 - 6 cm		AhD	
------	-----------------------	--	--------------------------------	--	-----	--

mBG	measured back gauge		Calculation: mBG : 2 =		BG	
mAG	measured arm gauge	r	l	Calculation/Check: upAC : 10 · 6 - 7,5 cm =	AG	
mBrG	measured breast gauge		½	Calculation/Check: BrC : 2 - BG - AG =	BrG	

upBG	upper back gauge		½
upbG	upper bust gauge		½
upbDi	upper bust distance		
UbC	Underbust circumfer.		½
UbDi	Underbust distance		

AL	Arm length	
upAC	upper arm circumfer.	
WrC	Wrist circumference	
HaC	Hand circumference	
AonC	Arm onset circumfer.	

ShA	Shoulder angle in degree	r	l
-----	--------------------------	---	---

ShG	Shoulder gauge	
-----	----------------	--

HiD	Hip depth	
CrH	Crotch height	
ThC	Thigh circumference	
KnC	Knee circumference	
unKnC	under knee circumfer.	
CaC	Calf circumference	
AnC	Ankle circumference	
InC	Instep circumference	
CrC	Crotch circumference	

Breast circumf. BrC	Optimal balance Bal
80 to 89	+ 3.5
90 to 99	+ 4.0
100 to 109	(BrC - 100) : 10 + 4.5
110 to 119	(BrC - 100) : 10 + 5.0
120 to 129	(BrC - 100) : 10 + 5.5
130 to 150	(BrC - 100) : 10 + 6.0
Optimal balance	Bal

Deviations of up to 1 cm from the optimal balance can be ignored, if no figure problems have been observed. In case of doubt, the measurements towards the horizontal waist tape should be taken again!
The final construction values for BL and FL have to be determined by figure observation (see volume 3).

FL	
minus BL	-
Individual balance	=

Bal - Individual balance = Balance problem =