

Female Measurement Form

Name of School: _____

Name of Teacher: _____

Instructions: All measurements are in inches.

Bust: Measure across the fullest part of bust, under the arms and across shoulder blades. Be sure to keep the measuring tape straight across back without pulling it tight.

Waist: Take the correct waist measurement by wrapping the tape naturally loose around the smallest circumference of the abdomen.

Hips: To get the hip measurements, have student stand with feet together. Wrap the tape measure around the fullest part of hips. Keep tape straight and snug, but not too tight.

Dress Size: This is usually taken from the ankle bone to the groin.

Ring Size: Use Ring Sizer provided.

Female Measurement Form

Name (Last, First)	Bust	Waist	Hips	Dress Size	Ring Size
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Female Measurement Form

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