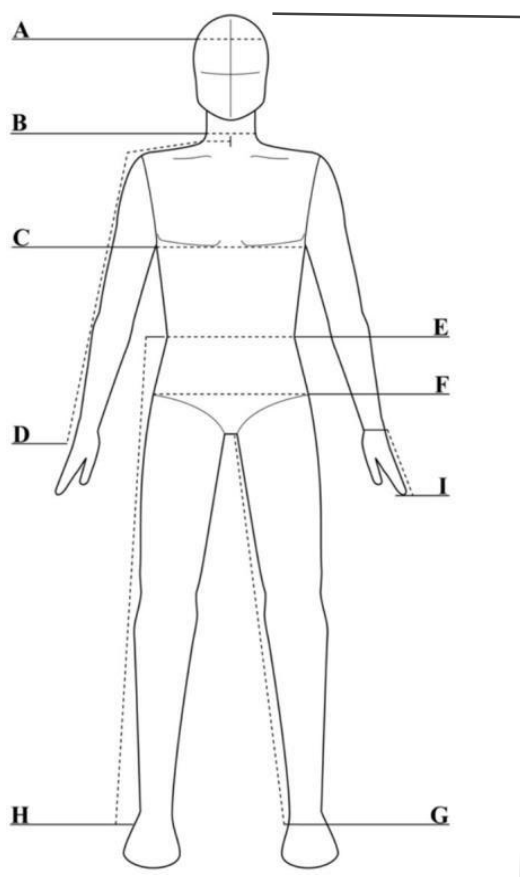




Surname & first name	
Company	
Address	
City	
Zip code	
Phone number	
Email	

SHIRT MEASUREMENT FORM

Take a tape measure
(measurements must be given in cm)
 Measure over undershirt and shorts



Votre stature	
Your usual shirt size	

B	Neck: Measure just below the Adam's apple, keeping one finger between the neck and the tape measure.	
C	Chest circumference: Position yourself normally without inflating your torso, pass the tape measure under your arms over your pectoral muscles where your chest is the widest. Horizontal tape measure.	
D	Shirt sleeve length: Measure from the point of the shoulder to the base of the thumb. This measurement is generally between 62 and 68 cm.	
E	Waist circumference: Position yourself normally without pulling in or out your stomach. Place the tape measure at navel level.	
F	Pelvis circumference: Measure at the widest point of the pelvis.	
I	Wrist circumference: Measure at bone level, keeping a finger between wrist and tape measure.	
K	Back measurement: Measure from left shoulder to right shoulder or measure your favourite shirt using the sleeve seams as a guide.	
L	Back length: Measure from the base of the neck to below the buttocks. This measurement is generally between 77 and 83 cm.	