MAJOR ELLES MEASUREMENTS
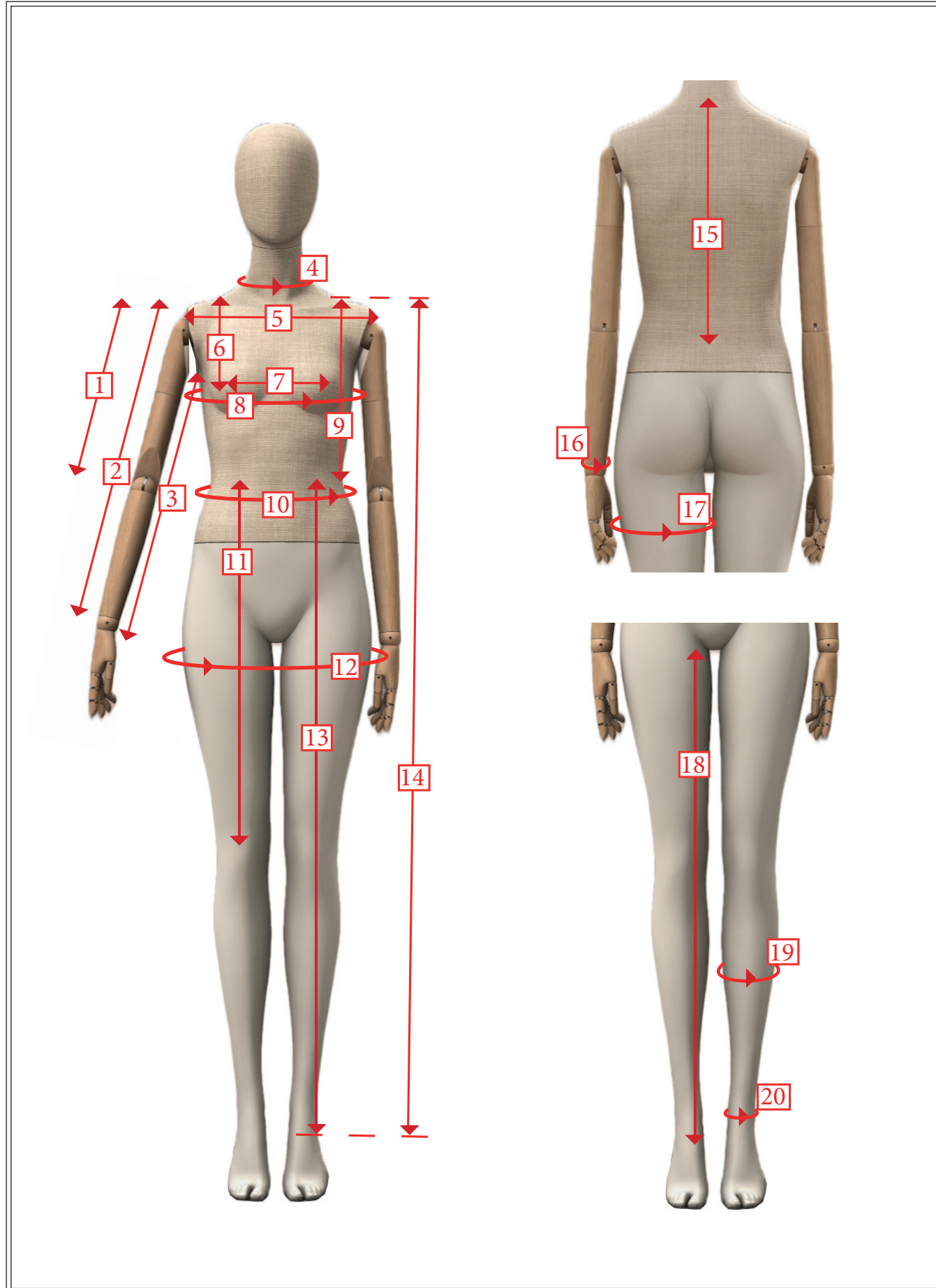
NAME : _____

EMAIL : _____

1. Length between mid-shoulder and elbow `____ cm`

2. Length between mid-shoulder and wrist `____ cm`

3. Length between armpit and wrist `____ cm`

4. Neck circumference `____ c:m`

5. Width between one mid shoulder and the other `____ cm`

6. Mid shoulder to mid breast `____ cm`

7. Width between mid breast to the other `____ cm`

8. Bust circumference `____ cm`

9. Length from shoulder to waistline `____ cm`

10. Waist circumference `____ cm`

11. Length from waistline to mid-knee `____ cm`

12. Hips circumference `____ cm`

13. Length between waistline and ankle `____ cm`

14. Length from top of shoulder to ankle `____ cm`

15. Length from top of backbone to the bottom of backbnone `____ cm`

16. Wrist circumference `____ cm`

17. Mid thigh circumference `____ cm`

18. Length between top inside leg and ankle `____ cm`

19. Calf circumference `____ cm`

20. Ankle circumference `____ cm`

DATE : _____   ✶ SIGNATURE : _____