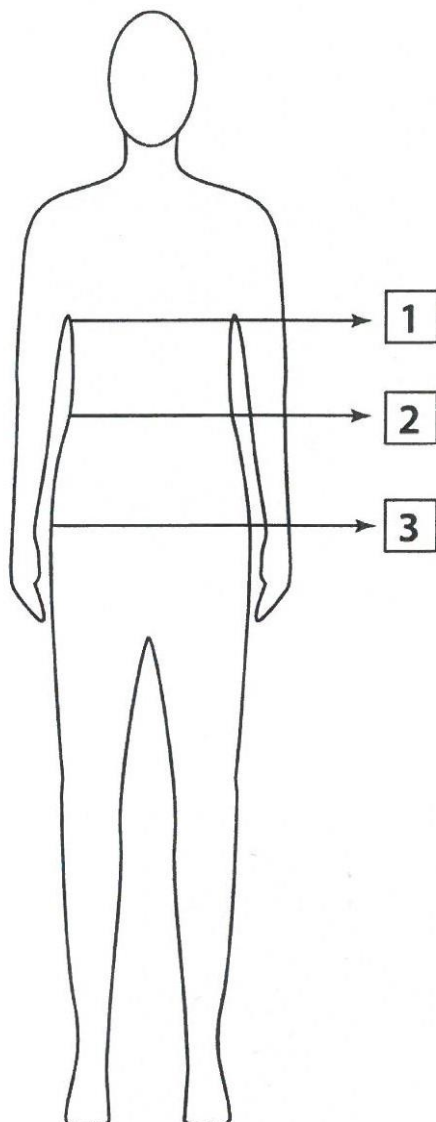


## Measurement form

Never just take the size you usually have in the shop. Every brand can deviate a little from the 'standard sizes'. Measure your sizes honestly and accurately and compare them to the size chart on the website.

### Tips:

- Use a flexible tape measure.
- Measure yourself in your underwear or tight-fitting clothes. For example, a shirt and leggings are ideal.
- If necessary, ask someone to help you measure. This way you can relax while someone else takes your measurements.
- Do not pull the measuring tape too tight but keep one finger between the tape and your body.
- Write down your measurements so that you always have them to hand.



### The most common body sizes:

1. **Chest circumference:** Measure the chest circumference where it is largest. (For women over a fitted bra)
2. **Waist circumference:** Measure waist circumference at the narrowest point of the waist.
3. **Hip circumference:** Measure hip circumference where the hips are widest.

Date measurement: \_\_\_\_\_

Name: \_\_\_\_\_ M  F

Measured:    on the body     over clothing

1. Chest circumference \_\_\_\_\_ cm

2. Waist circumference \_\_\_\_\_ cm

3. Hip circumference \_\_\_\_\_ cm