

Pollywoggles Patterns

# Body Measurements

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

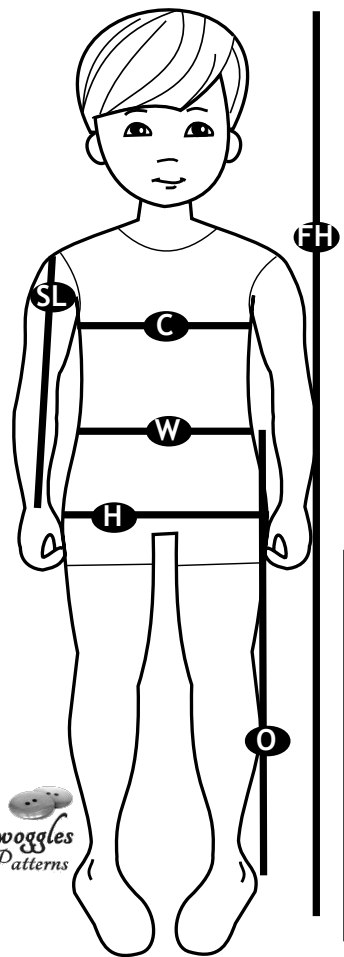
Age: \_\_\_\_\_

Name: \_\_\_\_\_

Chest: \_\_\_\_\_  
 Waist: \_\_\_\_\_  
 Hips: \_\_\_\_\_  
 Outseam: \_\_\_\_\_  
 Sleeve Length: \_\_\_\_\_  
 Full Height: \_\_\_\_\_

### Measuring Tips

**Chest:** Keep the tape measure level, under the arms, at the nipple line.  
**Waist:** Measure the narrowest point *above* the pelvic bones, where the waistband of a pant would naturally sit.  
**Hips:** Measure the widest part of the hips/bum.  
**Outseam:** Start where the waistband of the pants would sit, and measure straight down the outside of the leg, stopping at the ankle bone.  
**Sleeve Length:** Measure from the tip of the shoulder (where a proper fitting shoulder seam would be) to where the wrist and hand meet.  
**Full Height:** Measure against a wall, from the floor to the top of the head.



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