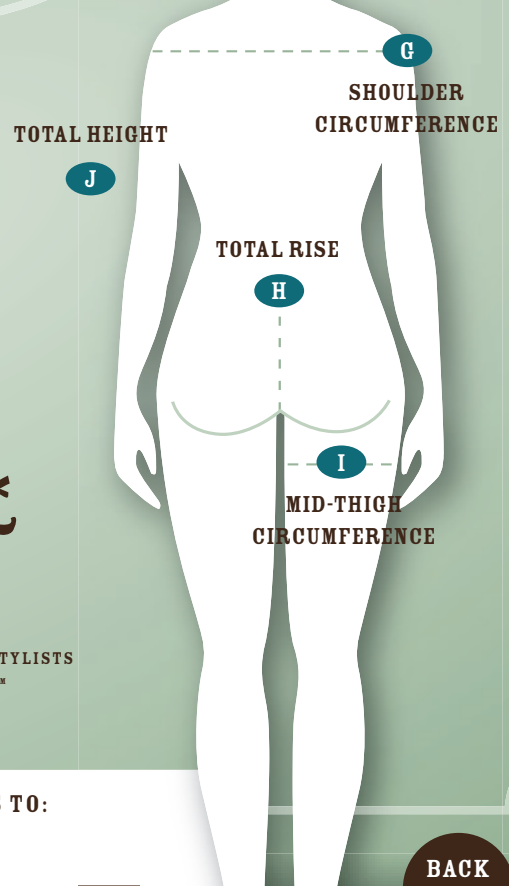
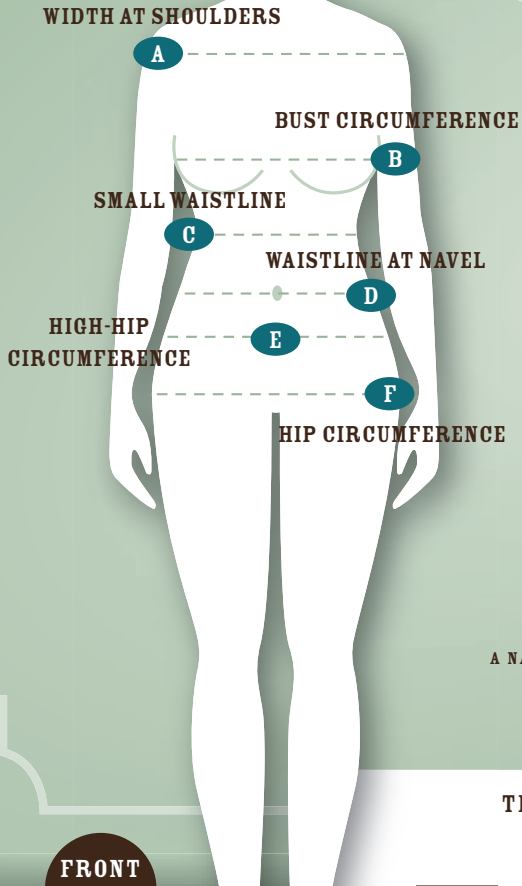


THE STYLE DIAL™ MEASURING TOOL

WWW.THESTYLISTONLINE.COM



A NATIONAL NETWORK OF PERSONAL STYLISTS
AND HOME OF THE STYLE DIAL™

THIS WORKSHEET BELONGS TO: _____

FRONT

BACK

WIDTH AT SHOULDERS

From the front, measure the edge of one shoulder to the edge of the other shoulder as if measuring your shadow silhouette.

A

BUST CIRCUMFERENCE

With your arms relaxed, measure the fullest part of your bust.

B

SMALL WAISTLINE

Measure the circumference of the smallest part of your torso, just above the navel.

C

WAISTLINE AT NAVEL

Measure the circumference of your waist at the navel.

D

HIGH-HIP CIRCUMFERENCE

Measure the circumference at high-hip; front-facing pelvic bone area.

E

HIP CIRCUMFERENCE

Measure around the fullest point of your hips and backside.

F

SHOULDER CIRCUMFERENCE

Measure around both shoulders keeping the tape parallel to the floor.

G

TOTAL RISE

Stand with legs slightly apart. Hold tape measure at navel and thread through the legs, up to the center of your back that is even with your navel.

H

MID-THIGH CIRCUMFERENCE

Measure the fullest part of one thigh.

I

TOTAL HEIGHT

Measure from the top of your head to the floor (don't forget to remove your shoes).

J

A soft measuring tape is best. When measuring, stand up straight and be sure to remove all bulky clothing.