Requested Measurements

Place the measuring tape at the following areas, and record the value in centimeters or inches.

The measurements should be taken as a circumference measurement around each specified area of the body in centimeters or inches.

A. Smallest Waist
   Area right below ribs and right above your belly button

B. Navel/Midway
   Just above hip bones and passing over your belly button

C. Hips
   At the hipbone/buttocks around widest part of hips

D. Calf
   Widest part, right leg

E. Calf
   Widest part, left leg