1. **Height** ~ in stocking feet _________

2. **Neck** ~ measure around the widest part of your neck; or clerical collar ______

3. * **Sleeve** measurement is obtained by bending elbow at a right angle parallel to the floor and by measuring from the base of the neck (on the spine where a shirt tag rests) over the shoulder, down the outside of the arm to where you wish your sleeve to end (usually a little past the wrist bone) ______

4. **Chest** - measure around the widest part of your chest under your arms _______

5. **Waist** ~ measure around your waist; or waist size of pans ________

6. **Center Back** - (center back to hem) this measurement is obtained by measuring from the base of the neck (on the spine where a shirt tag rests) STRAIGHT down your back to where you wish your HEM to end (usually 3"-4" from the floor for albs; slightly less for habits; scapulars usually a few inches shorter than habits). This measurement is usually 10"-12" less than the wearer's overall height. ________

7. + **Center Back to Waist** - this measurement is obtained by measuring from the base of the neck (on the spine, see above description) straight down the back to the WAIST - this measurement is used for the placement of belt loops used with cinctures ________

8. ++ **Center Back to Elbow** ~ this measurement is obtained by measuring from the base of the neck (on the spine, see above description) over shoulder down to the inside bend of the elbow - FOR CIRCULAR CAPUCHE ONLY ________