

Body measurements for trousers

Name: _____

Date: _____

in cm

1. Hip circumference
2. Body height
3. Inner leg length
4. Side length to top edge of waistband
5. Waistband circumference
6. Thigh circumference
7. Mid-thigh circumference
8. Knee circumference
9. Calf circumference
10. Heel instep circumference

Shape of the buttocks

Waistband height:

- high
- mid
- low

! *Make a note here of the waistband height for which you measured the side length and waistband circumference.*