Shirt Only Measurement Guide

You Need
1. A Fabric Tape Measure (Download our printable tape measure or contact us via email or phone at 1-800-340-7345 and ask us to mail you one for free).
2. Ten to fifteen minutes.

It would help if
3. You had assistance from a friend when measuring (although the majority of the measurements can easily be self-taken, we have found the process to be faster if you have someone readily available to assist you. In addition, if you would rather use a local tailor or seamstress, we will refund the measuring cost up to $25 in the form of an in store coupon).
4. You wore a good fitting dress-shirt and slacks. If you do not have these items, any form-fitting clothing will suffice (to include a t-shirt and boxers). No jeans and empty your pockets!

About Measuring
• When taking measurements the tape should be held flat against the body; it should be held snug enough so not droop, but never so tight as to feel restrictive.
• All measurements should be taken to the nearest quarter (.25) inch.
• Do not add wiggle room to your measurements. We will adjust the fit based off of your selected preferences and build. All measurements are “skin measurements”.
• More measurement specific questions? Visit our website for more information and video tutorials on how to measure yourself properly!

How to Submit this Information
• Enter it directly into our website after you Build your Garment.
• Email a scanned copy of the summary page to Sales@ATailoredSuit.com
• Give us a call and submit your information over the phone.

Contact Us
Contact us at 1-800-340-7345 (Monday through Friday 8AM to 5PM CST) or email us at Info@ATailoredSuit.com.
A Tailored Suit Questionnaire

1. Height _________
2. Weight _________
3. Watch Hand Right / Left
4. Skin Color _________
5. Hair Color _________
6. Eye Color _________

7. Describe any problems you usually have with non-tailored clothing.
__________________________________________________________________

8. What did you wear while being measured? (IMPORTANT)
__________________________________________________________________

9. Your Stance

Normal _____         Forward Leaning _____         Erect _____

10. Your shoulder slope

Normal _____         Steep _____         Flat _____

11. Your chest description

Thin _____         Fit _____         Normal _____         Muscular _____         Large _____

12. Your stomach description

Thin _____         Normal _____         Medium _____         Large _____

13. Your seat shape

Thin _____         Normal _____         Curved _____         Large _____
1. Neck

- Measure around your neck at the height where your collar, if buttoned, would be.
- This measurement should be taken along the lower section of the neck, below your Adams Apple and above your Sternal Notch.
- The tape should be comfortably touching the skin, with enough room so that you do not feel restricted.
- My Neck is _____.____ inches.

2. Full Chest

- Measure around the chest and body at its fullest part (typically right under the armpits and shoulder blades, right across the nipples).
- Hold the tape against the body tight enough so that it does not slip down, but not so tight that it restricts breathing. It should be “snug”.
- Make sure the tape is horizontal and the person's arms are by their side; then take a normal breath and measure.
- Do not puff out your chest.
- Double check this measurement.
- My Full Chest is _____.____ inches.
3. Full Shoulder Width
- Measure from the end of the right shoulder to the end of the left shoulder.
- We define the “End of the Shoulder” as where the horizontal plane of the shoulder intersects the vertical plane of the arm (see illustration).
- Double check measurement.
- My Full Shoulder Width is _____.____ inches.

4. Right Sleeve
- Measure from the end of the right shoulder to the “Pinch” of the right hand.
- The “Pinch” of the hand is found where the base of the thumb and the base of the index finger intersect (approximately 1 inch above the index finger knuckle).
- Double check this measurement.
- Right Sleeve is _____ ._____ inches.

5. Left Sleeve
- Measure from the end of the left shoulder to the “Pinch” of the left hand.
- Double check this measurement.
- Left Sleeve is ______ .______ inches.
6. Bicep
- Measure around the fullest part of the bicep with the arms by your side.
- You need only measure one side.
- My Bicep is ______.______ inches.

7. Wrist
- Measure around the fullest part of the wrist.
- You need only measure one side.
- Wrist is _______._______ inches.
8. Waist / Stomach
- Measure around the fullest part of the waist/stomach or right below your bottom ribs, whichever is greater.
- Jacket Waist is ________._______ inches.

9. Hips/Seat
- Measure around the fullest part of your hips and buttocks.
- My Hips/Seat is ________._______ inches.
Information Summary
(This form is for use if you plan to email us a scanned copy of your information)

Answers to the Questionnaire
1. Height _________  
2. Weight _________  
3. Watch Hand Right / Left  
4. Skin Color _________  
5. Hair Color _________  
6. Eye Color _________  

7. Describe any problems you usually have with non-tailored clothing.
   ____________________________________________________________________

8. What did you wear while being measured? (IMPORTANT)
   ____________________________________________________________________

9. How do you stand ___________  
10. Your shoulder slope ___________  
11. Your chest description ___________  
12. Your stomach description ___________  
13. Your seat shape ___________  

Shirt Measurements
1. Neck _____ _____ inches  
2. Full Chest _____ _____ inches  
3. Full Shoulder Width _____ _____ inches  
4. Right Sleeve _____ _____ inches  
5. Left Sleeve _____ _____ inches  
6. Bicep _____ _____ inches  
7. Wrist _____ _____ inches  
8. Waist/Stomach _____ _____ inches  
9. Hips/Seat _____ _____ inches