

# Complete Measurement Guide

## You Need

- A Fabric Tape Measure ([Download our printable document for detailed BESPOKE Measurement](#)) or contact us via\_email at \_\_\_\_\_ or Call \_\_\_\_\_ and Text us at **1-702-816-7661** and ask us to mail you one for free).
- Ten to twenty minutes.

## It would help if

1. You had assistance from 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).
2. 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 accurately!](#)

## How to Submit this Information

- Enter it directly into our website on I know My Size.
- Email a scanned copy of the summary page to [Styled@bspoketrendz.com](mailto:Styled@bspoketrendz.com)  
Give us a call and submit your information over the phone.

## Contact Us

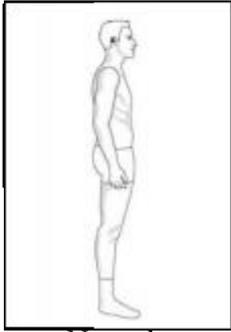
Contact us at **1-702-816-7661** Monday through Friday 8AM to 5PM CST) or email us at [styled@bspoketrendz.com](mailto:styled@bspoketrendz.com).

### A Tailored Suit Questionnaire

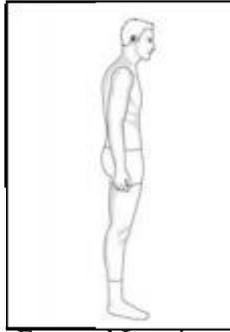
1. Height \_\_\_\_\_
2. Weight \_\_\_\_\_
3. Shoe Size (USA) \_\_\_\_\_
4. Watch Hand \_\_\_\_\_ Right / Left
5. Skin Color \_\_\_\_\_
6. Hair Color \_\_\_\_\_
7. Eye Color \_\_\_\_\_
8. Jean Size \_\_\_\_\_
9. Describe any problems you usually have with non-tailored clothing.  
\_\_\_\_\_

10. What did you wear while being measured? (IMPORTANT)  
\_\_\_\_\_

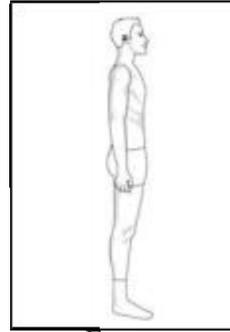
11. Your Stance



Normal \_\_\_\_\_

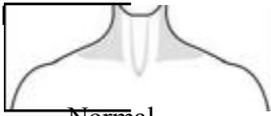


Forward Leaning \_\_\_\_\_

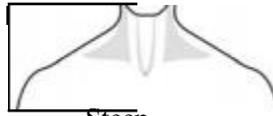


Erect \_\_\_\_\_

12. Your shoulder slope



Normal \_\_\_\_\_



Steep \_\_\_\_\_



Flat \_\_\_\_\_

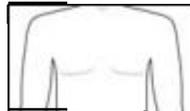
13. Your chest description



Thin \_\_\_\_\_



Fit \_\_\_\_\_



Normal \_\_\_\_\_



Muscular \_\_\_\_\_

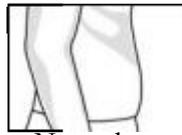


Large \_\_\_\_\_

14. Your stomach description



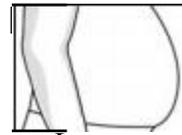
Thin \_\_\_\_\_



Normal \_\_\_\_\_



Medium \_\_\_\_\_



Large \_\_\_\_\_

15. 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.



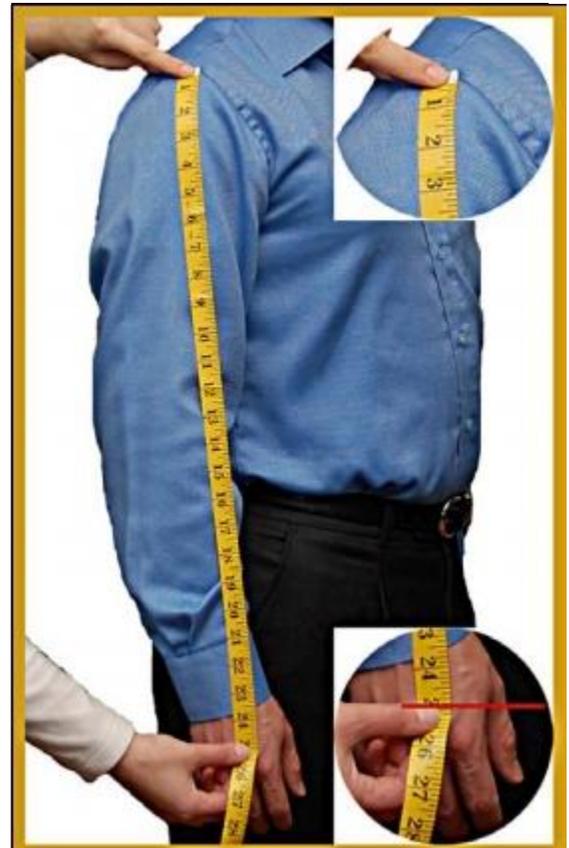
### 3. Full Shoulder Width

- 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.

