UNIFORM MEASUREMENT CHART
Return to Mr. Jason Quinlog: jquinlog@aa.ufl.edu

NAME: ________________________  SEX: __________________
(Last, First, MI)  (Male / Female)

Service: __________________  Program: __________________
(N=Navy)  (C=College Program)
(M= Marine)  (S=Scholarship)

ACTUAL BODY MEASUREMENTS (In inches; complete each item)

HEIGHT ________  ARM LENGTH ________  SHOE SIZE ________

SHOE WIDTH_______  INSEAM _________  CHEST _________
(N/R/W/XW)

NECK _________  HIPS _________  WAIST _________

HEAD CIRCUMFERENCE ______________

Men’s Shirt Size (S, M, L, XL, etc) ______________

HEIGHT – Distance from the top of your head to the floor, standing with the feet together without shoes.

ARM LENGTH – Bend the arm at the elbow and hold it at a right angle in a horizontal position. Measure the distance from bone of the spine at the base of the neck outside.

NECK – At approximately the Adam’s apple.

INSEAM – Distance from the crotch to a point one inch below the upper part of the rear of a low cut military shoe (approximately 3 inches below the center of the ankle).

CHEST (MEN) – Well up under the arm pits at the greatest width (taken over a t-shirt)
WOMEN: Bust size

HIPS (WOMEN ONLY) - Fullest point of the hips.

HEAD – Around the forehead circling the largest part of the head.

WAIST (MEN) – Around the trunk about 1” above the hip bones (taken over trousers without a belt).

WAIST (WOMEN) - Narrowest point of the waist.