



How to Take Your Measurements

The importance of providing accurate measurements for a model cannot be stressed enough. Not only should they be accurate, they need to be accessible. That is why Modelemi has incorporated these elements into a model's profile. In this industry, there is a low tolerance for inaccurate information or ignorance to knowing your measurements. Models are often overlooked and black balled for this very reason. In fact, if you don't have your measurements available on your profile chances are you will never be contacted. People in this industry do not have the patience or the time to chase after a model that omits the basic and essential information needed. By following the simple steps below a model can avoid an embarrassing moment and present professionalism by providing accurate stats. Accurate is the key word here. Embellished or exaggerated measurements could end your career quickly. Do not lie and do not estimate.

Have confidence in yourself and your body type because your stats are always going to be a part of your portfolio and viewable by everyone. The industry is always changing and constantly looking for new looks which in turn means searching outside the "norm" of stats. The more specific and thorough you are with your stats (including measurements) makes their search easier and as a model more approachable. Standard measurements are written in a uniform format of three numbers separated by hyphens. The three numbers reference your Bust/Chest-Waist-Hips in that specific sequence. When reporting your stats make sure you have them in the proper order.

So, let's get you started! All you will need is a cloth tape measure (the kind a seamstress or tailor would use.) For best results, have someone take the measurements for you. If you do not have someone to take the measurements for you, then it is suggested to use a full-length mirror so you can see if your tape measure is straight and aligned correctly. Make sure you undress or wear light weight clothing and stand tall (no slouching). Do not measure after eating a full meal. Females avoid taking your measurements during your menstrual cycle when you may be swollen or puffy. Hold the measuring tape tautly – not too loose and not too tight.

Written by: Traci "TJ" Mitchell

Height: (Male or Female) *Required

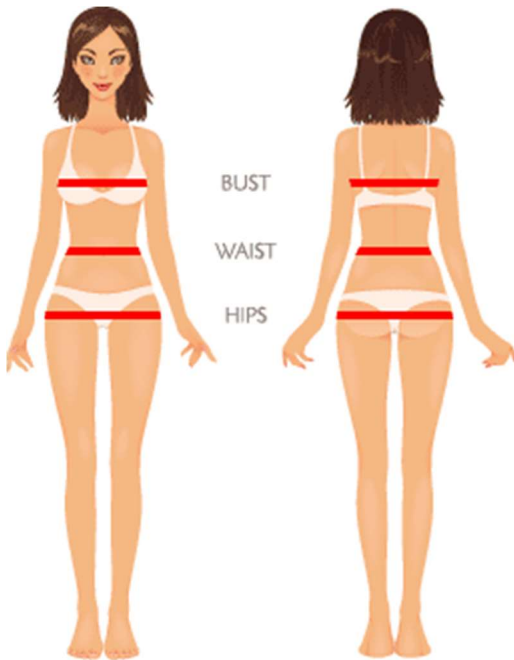
In bare feet, stand tall and straight with your back against a wall. Have someone run a ruler or something that can be placed on the tallest part of your head straight back to the wall. Mark the wall where the ruler touches. Measure the distance from the floor to the mark on the wall.

Weight: (Male or Female)

Only if required. Make sure scale is level and zeroed. Then stand still with both feet centered. Record weight. Step off and step on again to insure both weights are the same.

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A G E N C Y



Female

Bust: *Required

With your arms at your sides, place the measuring tape under your armpits, around the shoulder blades, and over the fullest part of the bust (usually the nipple region). This will represent your Bust size.

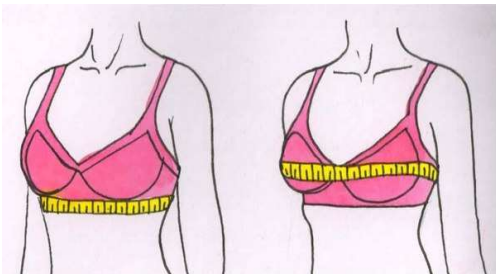
Waist: *Required

Find the slimmest section of your natural waistline and measure. Make sure not to hold your breath or pull your stomach in. This will represent your waist size.

Hip: *Required

With your feet close together, measure around the fullest part of your buttocks around your hips. (Usually about 7-9 inches below the waist) This will represent your hip size. Although Bra size is not a measurement in the uniform stats, it may be requested from time to time.

If Needed



Bra Size/Band Size:

Measure the rib cage just below the breast. Record your number, if an odd # round up. If your results were

Less than 33" –

then add 5" to the number

Greater than 33" –

then add 3" to the number

Cup Size:

Measure around the fullest part of your breasts and record this number. Calculate your Bra size by subtracting your Cup Size (#2 results) from your Band Size (#1 Results). Utilize the chart below to find your bra size.

Calculation Results	Bra Size
< 1/2 Inch	AA
> 1 inch	A
> 2 inches	B
> 3 inches	C
> 4 inches	D
> 5 inches	DD/E
> 6 inch	DDD/F

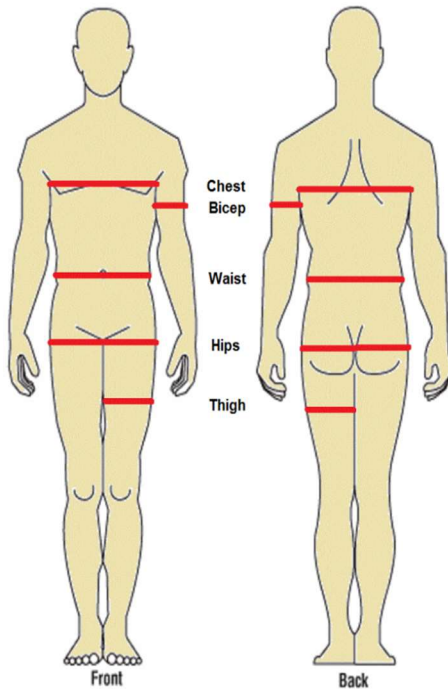
Example if your band size was 34" (29+5) and your cup size was 36", the difference is 2". So, your bra size would be 34B.

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A G E N C Y

Male

Body Measurements



Chest: *Required

With your arms at your sides, place the measuring tape under your armpits, around the shoulder blades, and over the fullest part of the chest (usually the nipple region). This will represent your Chest size.

Waist: *Required

Find the slimmest section of your natural waistline and measure. Make sure not to hold your breath or pull your stomach in. This could be at your belly button or even a few inches above it. Hold the tape snugly, but not too tightly, to find your natural waistline. This will represent your waist size.

Hip: *Required

With your feet close together, measure around the fullest part of your buttocks around your hips. This will represent your hip size.

If Needed

Neck: Place the tape measure around your lower neck, just below your Adam's apple. Tighten the tape, then loosen it off a bit by slipping 2 fingers between the tape and your neck. Round up to the next 1/2".

Sleeve: First, place your hand on your hip. Then, starting the tape measure at the center point where your neck meets your shoulders, measure down along your arm and to your wrist. Stop measuring right where the wrist meets the palm of your hand.

Jacket size:

You may have seen jacket sizes written as 40 Regular or 38 Long. The number refers to your chest size (measurement is explained above), and the "Regular" or "Long" refers to the length of the jacket. In general, your height determines the length you'll need. Regular sizes are designed for men roughly between 5'8" and 5'11" and Long is for guys over 6'.

**** Without accurate measurements, you are not eligible for fashion shows or paid gigs that require fittings and/or clothing. It is your responsibility, the model/guardian, to make sure the agency has accurate and updated measurements on file. If there are changes in your measurements, please notify your Director so it may be also changed on website.**