

Breast Form

Record Your Measurements to Figure out Your Breast Size

1.	Measure your Frame Size:	_____ inches
2.	Add 5 to this number:	+ 5
3.	Total (Bra Size):	_____ inches
	(If line 3 above is an odd number,	round up to the next number.)
4.	Measure your Chest+Breast Size:	_____ inches
5.	Re-Enter Bras Size here (#3):	_____ inches
6.	Find the Difference (line 5 minus 4):	_____ inches

Use this Table to determine your cup size

Difference (line 5 minus 4)	Cup Size
0 to 1/2 inch	AA
1/2 to 1 inch	A
1 to 2 1/2 inches	B
2 1/2 to 3 1/2 inches	C
3 1/2 to 4 1/2 inches	D
4 1/2 to 6 inches	DD (E)
6 to 7 inches	DDD (F)
7 to 8 inches	G
etc., etc.	etc.