MEASUREMENT/INSIGNIA REGISTRATION SHEET FOR MPP PARTICIPANTS

NAME:		RANK/RATE:	
Enlisted Rating Badge: Gold	Red		
Enlisted Rate Marks/Stripes: E2 and E3:	White	Blue Green	Red

General Measurement Guidelines and Measurement Tools:

In general, for maternity uniforms a female would wear the same size as their pre-pregnancy uniform. For example, if you wore a size Medium Regular NWU TYPE III pre-pregnancy, you would wear a Medium Regular NWU TYPE III Maternity uniform. All maternity uniforms are designed/manufactured to expand as your pregnancy progresses.

The preferred method for providing MPP measurements is to take the measurement/insignia form to your nearest Navy Exchange for an accurate uniform measurement. An alternate measurement method for MPP participants not located near a Navy Exchange is to use the measurement/insignia form and have someone assist in taking your measurements. In order to take the most accurate measurements using the alternate method, you will need:

- A tailoring tape measure
- Someone who can assist you
- A copy of the measuring/insignia form available on the MPP website (<u>https://www.mynavyhr.navy.mil/References/US-Navy-Uniforms/Maternity-Pilot-Program/</u>)
- A pen

To support taking bust and waist sizing measurements, we recommend being in PT gear – for outseam/inseam measurements, wearing a pair of properly fitted slacks you currently own will greatly assist in taking this measurement. For all measurements, please ensure you are standing on a flat surface. Shoes are optional, but recommended – please be sure to annotate on the measuring/insignia form if shoes were worn when the measurement was taken. For further assistance, a **'self-help' maternity measurement video** is available at https://vimeo.com/646945725 which will walk you through the maternity measurement process. Additionally, assistance can be provided through the MPP Webpage, or by calling the **NEXCOM MPP Team** at **757-631-4130/757-631-3993**.

WHERE DID YOU GET MEASURED? NEX Tailor Shop Se	lf/Family/Friends		
MEASURE FOR BLOUSE SIZING			
Stand up and place your arms out directly to your sides, parallel with your shoulders – your assistant should place the measuring tape around your back, parallel with the floor,	Maternity Blouse Size Prediction Chart (inches)		
nd over the fullest part of the bust – lower your arms in a relaxed position by your ides. Ensure the measuring tape is still parallel with the floor in the back, and over the			
fullest part of the bust – take this measurement and annotate on the measurement 33 or less		XS	
form.	33 - 36	S	
	36 - 39	М	
	39 - 42	L	
BUST MEASUREMENT (INCHES):	42 - 45	XL	
	45 - 48	2XL	

HEIGHT (INCHES):	
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48 or more

3XL

Measure the circumference of the belly at the largest part.

WAIST MEASUREMENT (INCHES): _____

Maternity Slacks Size Prediction Chart (inches)		
Waist	Size	
25 1/2 or less	XXS	
25 1/2 - 26 1/2	XS	
26 1/2 - 28	S	
28 - 29 1/2	М	
29 1/2 - 31	L	
31 - 33	XL	
33 or more	XXL	

MEASURE FOR HEMMING

Measure a straight line from the waistband to the top of the heel (with standard Oxford shoes) or to the floor (without shoes) on the side of the leg.

OUTSEAM MEASUREMENT (INCHES): _____

Measure a straight line from the crotch to the top of the heel (with standard Oxford shoes) or to the floor (without shoes) on the inside of the leg.

INSEAM MEASUREMENT (INCHES):

As an alternate measurement process for the inseam, if you already have a pair of uniform slacks that are properly hemmed, lay your slacks open on a table, and measure from the crotch intersection along the inseam to the hemmed bottom edge.

SHOES WORN: Yes:

EMBROIDERED WARFARE/QUALIFICATION DEVICES

Yes:

No:

PRIMARY: _____

SECONDARY: _____

EMBROIDERED IDENTIFICATION BADGE (e.g., NSF badge or CSEL Badge)

No: