



Using the provided "How to Measure" cards and the "DIVES At Home Fit Kit Measuring Guide" on the DIVES YouTube page, record your athlete's measurements on the reverse side of this card. Then, return the "How to Measure", measuring tape, and this card to your gym.



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Athlete's Name: _____

Chest (*in inches*): _____

Waist (*in inches*): _____

Hip (*in inches*): _____

Torso (*in inches*): _____

Inseam (*in inches-men's & warm-ups*): _____



Athlete's Name: _____

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Waist (*in inches*): _____

Hip (*in inches*): _____

Torso (*in inches*): _____

Inseam (*in inches-men's & warm-ups*): _____



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