

MEASUREMENT/INSIGNIA REGISTRATION SHEET FOR MPP PARTICIPANTS

NAME: _____

RANK/RATE: _____

Enlisted RATE: Gold

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 (<https://www.mynavyhr.navy.mil/References/US-Navy-Uniforms/Maternity-Pilot-Program/>)
- 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**.

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, and over the fullest part of the bust – lower your arms in a relaxed position by your sides. 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 form.

BUST MEASUREMENT (INCHES): _____

HEIGHT (INCHES): _____

Maternity Blouse Size Prediction Chart (inches)	
Bust Circumference	Size
33 or less	XS
33 - 36	S
36 - 39	M
39 - 42	L
42 - 45	XL
45 - 48	2XL
48 or more	3XL

MEASURE FOR SLACKS SIZING

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	M
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:

No:

EMBROIDERED WARFARE/QUALIFICATION DEVICES

Yes:

No:

PRIMARY _____

SECONDARY _____

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