



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



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Athlete's Name: _____

Chest (*in inches*): _____

Waist (*in inches*): _____

Hip (*in inches*): _____

Torso (*in inches*): _____



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Chest (*in inches*): _____

Waist (*in inches*): _____

Hip (*in inches*): _____

Torso (*in inches*): _____



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Waist (*in inches*): _____

Hip (*in inches*): _____

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