



BRA FITTING CHECKLIST

- My band is snug and parallel to the floor.
- My band is not riding up my back.
- My band stays put when I move around and raise my hands.
- My breasts are fitted in the cups.
- My breasts are not spilling over the cups or from the sides or under the cups.
- There is no gap in between cups and my breasts.
- The straps are snug and resting on shoulders.
- My straps are neither digging nor falling off.
- The central panel is resting against my sternum.
- The underwire is not poking and pinching.
- I feel comfortable.
- I feel beautiful.

If you hit the perfect score then voila, you have found the perfectly fitting bra.

Congratulations!