

# Rachel's Bra Fit Guide

*It is believed that 80% of women wear the wrong bra size! Us Tgirls probably may have a higher % than that. So girls, measure your band size and cup size below and put in the pink boxes and your recommended bra size will display for you. My pics will help you out. Make sure you check out the rest of my bra information too including all the types of bras there are for us.*

*Your recommended bra size is:*

**36 B**

*Rachel Pastel  
October 2005*



**BAND SIZE:** **36**

Measure your bra size :

*Measure over an unpadded, comfortably fitting bra.*

*Keep the tape measure snug, not tight. Measure around the chest, just under the arms, above the bust. This is your band or body size. If your measurement ends in a fraction, round either up or down to the nearest whole size.*

*Put the result in the box above.*

Rachel Pastel  
October 2005



CUP SIZE: 38

*Measure your cup size :*

*Measure completely around  
the bust at the fullest point,  
holding the tape measure  
straight but not tight.*

*Round to the nearest whole  
size.*

*Put the result in the box  
above.*



