

# SIZING & FIT GUIDE

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Chef Works has the perfect fit for you. To find your perfect fit, we've provided you with three easy-to-follow steps outlined below.

Please note our proprietary designs give Chef Works garments individual fits to allow for maximum comfort and function.

## FIND YOUR PERFECT FIT IN 3 EASY STEPS

**1**

How do you want your garment to fit? Choose your fit from the color-coded charts shown on the next few pages.

**2**

What are your measurements? All of our garment size charts refer to actual chest, waist or hip measurements. Match yours to our charts to find your size.

**3**

Pick your garment!

## MEASUREMENT GUIDELINES

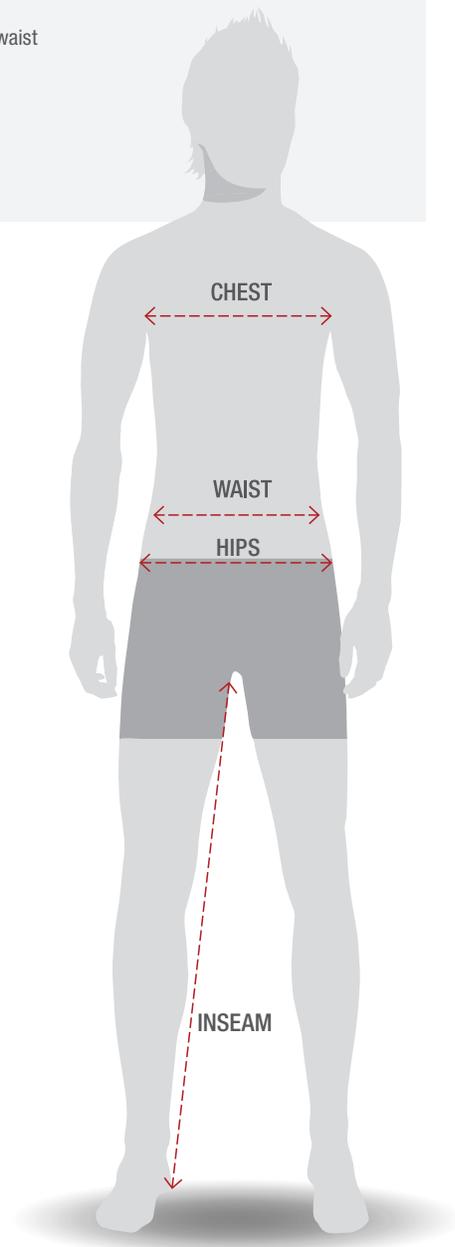
To get the best fit, stand straight and relax. With a measuring tape, use the illustration shown at the right as a guide and follow instructions below.

**CHEST:** Measure all the way around your body from the fullest part of the chest/bust with your arms down.

**WAIST:** Measure around your natural waistline above the hips.

**HIPS:** Measure around the widest part of your hips.

**INSEAM:** Measure from the base of the crotch to the bottom of your heel.



# MEN'S SIZING

## MEN'S COATS

<b>COAT FITS</b>	<b>MF</b>	<b>Modern Fit</b> Tailored fit, cut slim through the chest and body.										
	<b>CF</b>	<b>Classic Fit</b> Wider cut through the chest; wider sleeves for increased flexibility.										
	<b>GF</b>	<b>Generous Fit</b> Loosest fit, cut extra-wide through the body and sleeves.										
<b>1</b>	<b>MEN'S/UNISEX COATS (ALPHA)</b>											
	<b>Chest (in)</b>	32/34	36/38	40/42	44/46	48/50	52/54	56/58	60/62	64/66	68/70	72/74
	<b>Size</b>	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
	<b>Chest (cm)</b>	81/86	91/97	102/107	112/117	122/127	132/137	142/147	152/157	163/168	173/178	183/188
<b>2</b>	<b>MEN'S/UNISEX COATS (NUMERIC)</b>											
	<b>Chest (in)</b>	30	32	34	36	38	40	42	44	46	48	50
	<b>Size</b>	30	32	34	36	38	40	42	44	46	48	50
	<b>Chest (cm)</b>	76	81	86	91	96	102	107	115	117	122	127
	<b>MEN'S/UNISEX COATS CONT'D (NUMERIC)</b>											
	<b>Chest (in)</b>	52	54	56	58	60	62	64	66	68		
	<b>Size</b>	52	54	56	58	60	62	64	66	68		
<b>Chest (cm)</b>	132	137	142	147	152	157	163	168	173			

## MEN'S SHIRTS

<b>SHIRT FITS</b>	<b>MF</b>	<b>Modern Fit</b> Tailored fit, cut close through the chest, slimmed sleeves.										
	<b>CF</b>	<b>Classic Fit</b> Broadly cut across the shoulders, cut wide through the chest and body, loose-fitting sleeves.										
<b>1</b>	<b>MEN'S/UNISEX SHIRTS</b>											
	<b>Chest (in)</b>	32/34	36/38	40/42	44/46	48/50	52/54	56/58	60/62	64/66	68/70	72/74
	<b>Size</b>	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
	<b>Chest (cm)</b>	81/86	91/97	102/107	112/117	122/127	132/137	142/147	152/157	163/168	173/178	183/188

MEN'S SIZING (continued)

MEN'S PANTS

PANT FITS	<b>MF</b>	<b>Modern Fit</b> Sits on natural waist, straight silhouette through the thigh and leg for a clean look, 32.5" inseam. Straight 19" leg opening.										
	<b>MT</b>	<b>Modern Straight Fit</b> Sits slightly above hip, tapered silhouette through the thigh for a contemporary look, 31" inseam. Straight through the leg and knee, tapered 17.8" leg opening.										
	<b>MS</b>	<b>Modern Slim Fit</b> Sits at hip, slim silhouette through the thigh and leg for a fitted look, 31" inseam. Tailored 15.6" leg opening.										
	<b>CF</b>	<b>Classic Fit</b> Sits on natural waist, relaxed fit through thigh and leg for a professional look, 32" inseam. Straight 18.2" leg opening.										
1	<b>MEN'S PANTS (ALPHA)</b>											
	Waist/hips (in)	26/28	30/32	34/36	38/40	42/44	46/48	50/52	54/56	58/60	62/64	66/68
	Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
	Waist/hips (cm)	66/71	76/81	86/91	97/102	107/112	117/122	127/132	137/142	147/152	157/162	167/172
2	<b>MEN'S PANTS (NUMERIC)</b>											
	Waist/hips (in)	24	26	28	30	32	34	36	38	40	42	44
	Size	00	0	2	4	6	8	10	12	14	16	18
	Waist/hips (cm)	61	66	71	76	81	86	91	97	102	107	112

WOMEN'S SIZING

WOMEN'S COATS

COAT FITS	<b>SF</b>	<b>Slim Fit</b> Updated feminine fit skims the body for a form-fitting look.								
	<b>CF</b>	<b>Classic Fit</b> Relaxed fit tailored to the female form without compromising professional look.								
1	<b>WOMEN'S COATS</b>									
	Chest (in)	30/32	34/36	38/40	42/44	46/48	50/52	54/56	58/60	62/64
	Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
	Chest (cm)	76/81	86/91	97/102	107/112	117/122	127/132	137/142	147/152	157/163

WOMEN'S SIZING (continued)

WOMEN'S SHIRTS

SHIRT FITS	<b>FF</b>	<b>Form Fit</b> A polished fit with stretch fabrics that fit snugly to the curve of the body.								
	<b>SF</b>	<b>Slim Fit</b> Figure-defining silhouette offers a sleeker, slimming fit.								
	<b>MF</b>	<b>Modern Fit</b> Tailored for a feminine fit with a slightly relaxed silhouette.								
	<b>CF</b>	<b>Classic Fit</b> Easy fit silhouette skims the body with an updated drape for a professional, pulled together look.								
1	<b>WOMEN'S SHIRTS</b>									
	<b>Chest (in)</b>	30/32	34/36	38/40	42/44	46/48	50/52	54/56	58/60	62/64
	<b>Size</b>	XS	S	M	L	XL	2XL	3XL	4XL	5XL
	<b>Chest (cm)</b>	76/81	86/91	97/102	107/112	117/122	127/132	137/142	147/152	157/163

WOMEN'S PANTS

PANT FITS	<b>SF</b>	<b>Slim Fit</b> Sits at hip, fitted silhouette through the thigh and leg for a slim look, 32" inseam. Tailored 16" leg opening.										
	<b>MF</b>	<b>Modern Fit</b> Sits on natural waist, streamlined silhouette through the thigh and leg for a polished look, 31" inseam. Slight bootcut 18.5" leg opening.										
	<b>RF</b>	<b>Relaxed Fit</b> Sits on natural waist, relaxed silhouette through thigh and leg for a professional look, 31.5" inseam. Slight flare 20" leg opening.										
1	<b>WOMEN'S PANTS (ALPHA)</b>											
	<b>Waist/hips (in)</b>	26/28	30/32	34/36	38/40	42/44	46/48	50/52				
	<b>Size</b>	XS	S	M	L	XL	2XL	3XL				
	<b>Waist/hips (cm)</b>	66/71	76/81	86/91	97/102	107/112	117/122	127/132				
2	<b>WOMEN'S PANTS (NUMERIC)</b>											
	<b>Waist/hips (in)</b>	24	26	28	30	32	34	36	38	40	42	44
	<b>Size</b>	00	0	2	4	6	8	10	12	14	16	18
	<b>Waist/hips (cm)</b>	61	66	71	76	81	86	91	97	102	107	112