

# SIZING

Chef Works has the perfect fit for you. 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 fits.

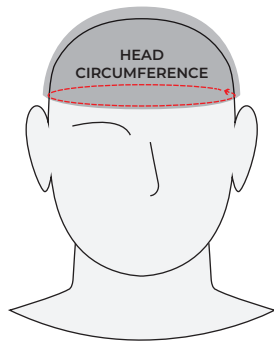


2

What are your measurements? All of our size charts refer to actual body measurements, chest, waist or hip.

3

Match your measurements to our chart to find your size.



### HEADWEAR SIZING

Size	Circumference <b>cm</b> (min-max)	Circumference <b>in</b> (min-max)
<b>One size</b>	55 / 61 cm <sup>2</sup>	21.5 / 24 in
<b>S / M</b>	55 / 61 cm <sup>2</sup>	21.5 / 24 in
<b>L / XL</b>	61 / 66 cm <sup>2</sup>	24 / 26 in

# MEASURING GUIDE

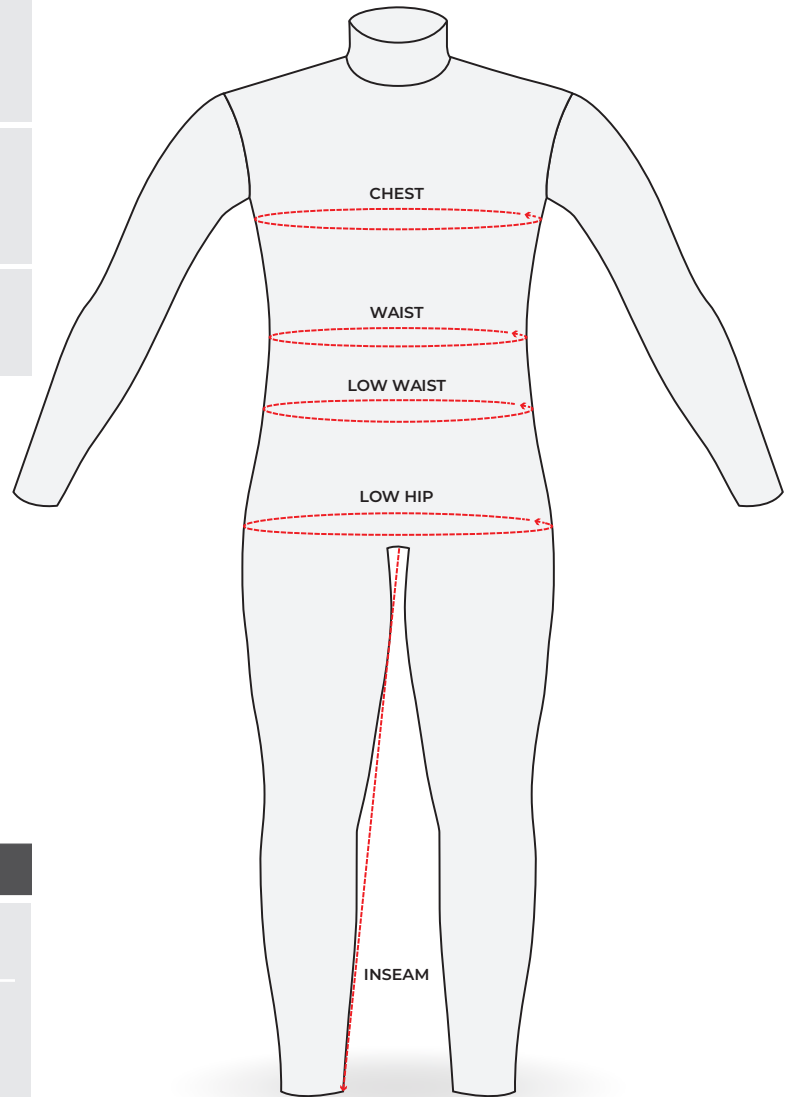
To find your size follow these instructions:

**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.

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

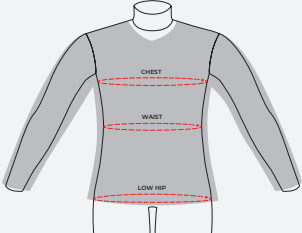
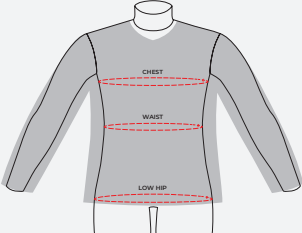
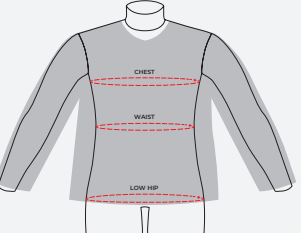
**INSEAM:** Measure from the base of the crotch to the bottom of your heel.



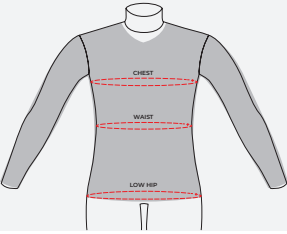
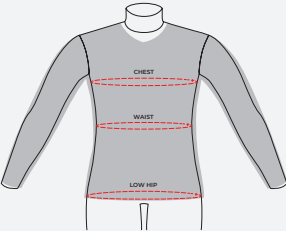
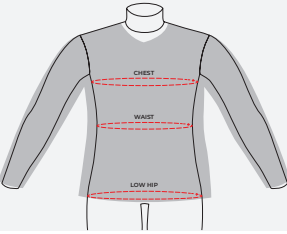
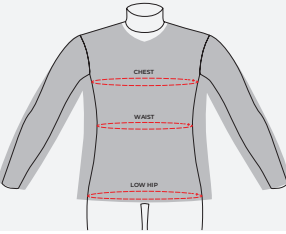
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# MEN'S SIZING

## MEN'S COATS

COAT FITS	MF	Modern Fit		CF	Classic Fit		GF	Generous Fit																	
		Moderate fit, slightly relaxed			Drapes loosely on the body, increases mobility			Fits Loose, extra-wide through body & sleeves																	
																									
1	MEN'S / UNISEX COATS (ALPHA SIZE)																								
INCHES (in)	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL											
	Chest	32 / 34	34 / 36	37 / 39	40 / 42	44 / 46	48 / 50	52 / 54	56 / 58	60 / 62	64 / 66	68 / 70	72 / 74	76 / 78											
	Waist	26.5 / 28.5	28.5 / 30.5	31.5 / 33.5	34.5 / 36.5	38.5 / 40.5	42.5 / 44.5	46.5 / 48.5	50.5 / 52.5	54.5 / 56.5	58.5 / 60.5	62.5 / 64.5	66.5 / 68.5	70.5 / 72.5											
CENTIMETERS (cm)	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL											
	Chest	81 / 86	86 / 91	94 / 99	102 / 107	112 / 117	122 / 127	132 / 135	142 / 147	152 / 157	163 / 168	173 / 178	183 / 188	193 / 198											
	Waist	67 / 72	72 / 77	80 / 85	88 / 93	98 / 103	108 / 113	118 / 121	128 / 133	138 / 144	149 / 154	159 / 164	169 / 174	179 / 184											
INCHES (in)	Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74
	Chest	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74
	Waist	22.5	24.5	26.5	28.5	30.5	32.5	34.5	36.5	38.5	40.5	42.5	44.5	46.5	48.5	50.5	52.5	54.5	56.5	58.5	60.5	62.5	64.5	66.5	68.5
CENTIMETERS (cm)	Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74
	Chest	71	76	81	86	91	97	102	107	112	117	122	127	132	137	142	147	152	157	163	168	173	178	183	188
	Waist	57	62	67	72	77	83	88	93	98	103	108	113	118	123	128	133	138	144	149	154	159	164	169	174
INCHES (in)	Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74
	Chest	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74
	Waist	22.5	24.5	26.5	28.5	30.5	32.5	34.5	36.5	38.5	40.5	42.5	44.5	46.5	48.5	50.5	52.5	54.5	56.5	58.5	60.5	62.5	64.5	66.5	68.5
CENTIMETERS (cm)	Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74
	Chest	71	76	81	86	91	97	102	107	112	117	122	127	132	137	142	147	152	157	163	168	173	178	183	188
	Waist	57	62	67	72	77	83	88	93	98	103	108	113	118	123	128	133	138	144	149	154	159	164	169	174

## MEN'S SHIRTS

SHIRT FITS	FF	Form Fit		SF	Slim Fit		MF	Modern Fit		CF	Classic Fit			
		Fits snug on the body, contours the body			Conforms to the body, figure defining			Moderate fit, slightly relaxed			Drapes loosely on the body, increases mobility			
														
1	MEN'S SHIRTS (ALPHA SIZE)													
INCHES (in)	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL
	Chest	32 / 34	34 / 36	37 / 39	40 / 42	44 / 46	48 / 50	52 / 54	56 / 58	60 / 62	64 / 66	68 / 70	72 / 74	76 / 78
	Waist	26.5 / 28.5	28.5 / 30.5	31.5 / 33.5	34.5 / 36.5	38.5 / 40.5	42.5 / 44.5	46.5 / 48.5	50.5 / 52.5	54.5 / 56.5	58.5 / 60.5	62.5 / 64.5	66.5 / 68.5	70.5 / 72.5
CENTIMETERS (cm)	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL
	Chest	81 / 86	86 / 91	94 / 99	102 / 107	112 / 117	122 / 127	132 / 135	142 / 147	152 / 157	163 / 168	173 / 178	183 / 188	193 / 198
	Waist	67 / 72	72 / 77	80 / 85	88 / 93	98 / 103	108 / 113	118 / 121	128 / 133	138 / 144	149 / 154	159 / 164	169 / 174	179 / 184
INCHES (in)	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL
	Chest	32 / 34	34 / 36	37 / 39	40 / 42	44 / 46	48 / 50	52 / 54	56 / 58	60 / 62	64 / 66	68 / 70	72 / 74	76 / 78
	Waist	26.5 / 28.5	28.5 / 30.5	31.5 / 33.5	34.5 / 36.5	38.5 / 40.5	42.5 / 44.5	46.5 / 48.5	50.5 / 52.5	54.5 / 56.5	58.5 / 60.5	62.5 / 64.5	66.5 / 68.5	70.5 / 72.5
CENTIMETERS (cm)	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL
	Chest	81 / 86	86 / 91	94 / 99	102 / 107	112 / 117	122 / 127	132 / 135	142 / 147	152 / 157	163 / 168	173 / 178	183 / 188	193 / 198
	Waist	67 / 72	72 / 77	80 / 85	88 / 93	98 / 103	108 / 113	118 / 121	128 / 133	138 / 144	149 / 154	159 / 164	169 / 174	179 / 184



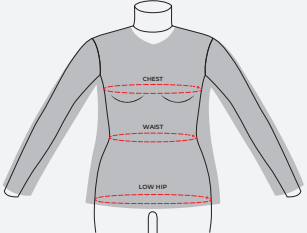
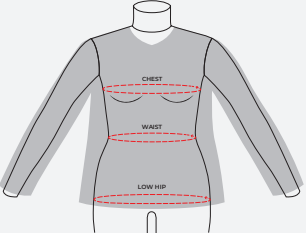
# MEN'S PANTS

<b>PANT FITS</b>	<b>SF</b>	<b>Slim Fit</b> Conforms to the body, figure defining, Sits below waist	<b>MF</b>	<b>Modern Fit</b> Sits below waist, Moderate fit, Slightly relaxed	<b>CF</b>	<b>Classic Fit</b> Sits below waist, Drapes loosely on the body, Increases mobility	<b>GF</b>	<b>Generous Fit</b> Sits below waist, Fits Loose, Extra-wide through hips

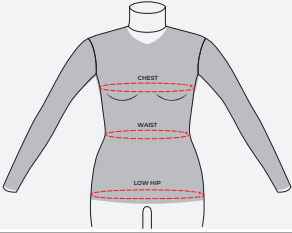
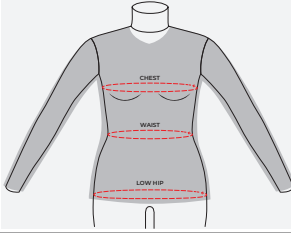
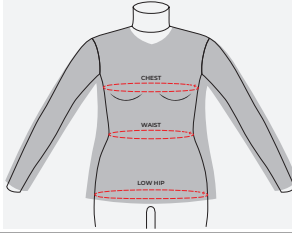
	<b>1</b>	<b>MEN'S PANT (ALPHA SIZE)</b>													
		Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL
<b>INCHES (in)</b>	Waist	26.5 / 28.5	28.5 / 30.5	31.5 / 33.5	34.5 / 36.5	38.5 / 40.5	42.5 / 44.5	46.5 / 48.5	50.5 / 52.5	54.5 / 56.5	58.5 / 60.5	62.5 / 64.5	66.5 / 68.5	70.5 / 72.5	
	Low Waist	27 / 29	30 / 32	33 / 35	36 / 38	40 / 42	44 / 46	48 / 50	52 / 54	56 / 58	60 / 62	64 / 66	68 / 70	72 / 74	
	Hip	31.5 / 33.5	33.5 / 35.5	36.5 / 38.5	39.5 / 41.5	43.5 / 45.5	47.5 / 49.5	51.5 / 53.5	55.5 / 57.5	59.5 / 61.5	63.5 / 65.5	67.5 / 69.5	71.5 / 73.5	75.5 / 77.5	
	Inseam	31	31	31	32	32	32	32	32	32	32	32	32	32	
<b>CENTIMETERS (cm)</b>	Waist	67 / 72	72 / 77	80 / 85	88 / 93	98 / 103	108 / 113	118 / 121	128 / 133	138 / 144	149 / 154	159 / 164	169 / 174	179 / 184	
	Low Waist	69 / 74	76 / 81	84 / 89	91 / 97	102 / 107	112 / 117	122 / 127	132 / 137	142 / 147	152 / 157	163 / 168	173 / 178	183 / 188	
	Hip	80 / 85	85 / 90	93 / 98	100 / 105	110 / 116	121 / 126	131 / 134	141 / 146	151 / 156	161 / 166	171 / 177	182 / 187	191 / 197	
	Inseam	79	79	79	81	81	81	81	81	81	81	81	81	81	
	<b>2</b>	<b>MEN'S PANT (NUMERIC SIZE)</b>													
	Size	22	24	26	28	30	32	34	36	38	40	42	44	46	48
<b>INCHES (in)</b>	Waist	22.5	24.5	26.5	28.5	30.5	32.5	34.5	36.5	38.5	40.5	42.5	44.5	46.5	48.5
	Low Waist	24	26	28	30	32	34	36	38	40	42	44	46	48	50
	Hip	27.5	29.5	31.5	33.5	35.5	37.5	39.5	41.5	43.5	45.5	47.5	49.5	51.5	53.5
	Inseam	31	31	31	31	31	32	32	32	32	32	32	32	32	32
<b>CENTIMETERS (cm)</b>	Waist	57	62	67	72	77	83	88	93	98	103	108	113	118	123
	Low Waist	61	66	71	76	81	86	91	97	102	107	112	117	122	127
	Hip	70	75	80	85	90	95	100	105	110	116	121	126	131	136
	Inseam	79	79	79	79	79	81	81	81	81	81	81	81	81	81

# WOMEN'S SIZING

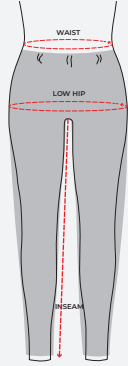
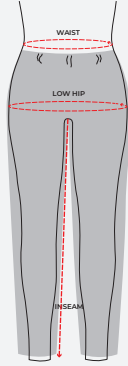
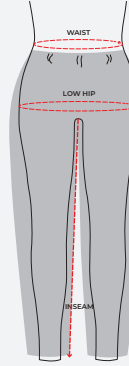
## WOMEN'S COATS

<b>COAT FITS</b>	<b>SF</b>	<b>Slim Fit</b> Conforms to the body, figure defining	<b>MF</b>	<b>Modern Fit</b> Moderate fit, slightly relaxed	<b>CF</b>	<b>Classic Fit</b> Drapes loosely on the body, increases mobility					
											
	<b>1</b>	<b>WOMEN'S COATS (ALPHA SIZE)</b>									
	<b>INCHES (in)</b>	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL
	Chest	30 / 32	32 / 34	35 / 37	38 / 40	42 / 44	46 / 48	50 / 52	54 / 56	58 / 60	62 / 64
	Waist	22 / 24	24 / 26	27 / 29	30 / 32	34 / 36	38 / 40	42 / 44	46 / 48	50 / 52	54 / 56
	Hip	31 / 33	33 / 35	36 / 38	39 / 41	43 / 45	47 / 49	51 / 53	55 / 57	59 / 61	63 / 65
<b>CENTIMETERS (cm)</b>	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
	Chest	76 / 81	81 / 86	89 / 94	97 / 102	107 / 112	117 / 112	127 / 132	137 / 142	147 / 152	157 / 163
	Waist	56 / 61	61 / 66	69 / 74	76 / 81	86 / 91	97 / 102	107 / 112	117 / 122	127 / 132	137 / 142
	Hip	79 / 84	84 / 89	91 / 97	99 / 104	109 / 114	119 / 124	130 / 135	140 / 145	150 / 155	160 / 165

## WOMEN'S SHIRTS

<b>SHIRT FITS</b>	<b>FF</b>	<b>Form Fit</b> Fits snug on the body, contours the body	<b>SF</b>	<b>Slim Fit</b> Conforms to the body, figure defining	<b>MF</b>	<b>Modern Fit</b> Moderate fit, slightly relaxed	<b>CF</b>	<b>Classic Fit</b> Drapes loosely on the body, increases mobility			
											
	<b>1</b>	<b>WOMEN'S SHIRTS (ALPHA SIZE)</b>									
	<b>INCHES (in)</b>	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL
	Chest	30 / 32	32 / 34	35 / 37	38 / 40	42 / 44	46 / 48	50 / 52	54 / 56	58 / 60	62 / 64
	Waist	22 / 24	24 / 26	27 / 29	30 / 32	34 / 36	38 / 40	42 / 44	46 / 48	50 / 52	54 / 56
	Hip	31 / 33	33 / 35	36 / 38	39 / 41	43 / 45	47 / 49	51 / 53	55 / 57	59 / 61	63 / 65
<b>CENTIMETERS (cm)</b>	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
	Chest	76 / 81	81 / 86	89 / 94	97 / 102	107 / 112	117 / 112	127 / 132	137 / 142	147 / 152	157 / 163
	Waist	56 / 61	61 / 66	69 / 74	76 / 81	86 / 91	97 / 102	107 / 112	117 / 122	127 / 132	137 / 142
	Hip	79 / 84	84 / 89	91 / 97	99 / 104	109 / 114	119 / 124	130 / 135	140 / 145	150 / 155	160 / 165

# WOMEN'S PANTS

PANT FITS	<div style="background-color: #e67e22; color: white; padding: 5px; display: inline-block;"><b>SF</b></div> <b>Slim Fit</b> Conforms to the body, figure defining		<div style="background-color: #6b342a; color: white; padding: 5px; display: inline-block;"><b>MF</b></div> <b>Modern Fit</b> Moderate fit, Slightly relaxed		<div style="background-color: #c0392b; color: white; padding: 5px; display: inline-block;"><b>CF</b></div> <b>Classic Fit</b> Drapes loosely on the body, Increases mobility							
												
	1 WOMEN'S PANT (ALPHA SIZE)											
	Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	
INCHES (in)	Waist	22 / 24	24 / 26	27 / 29	30 / 32	34 / 36	38 / 40	42 / 44	46 / 48	50 / 52	54 / 56	
	Hip	31 / 33	33 / 35	36 / 38	39 / 41	43 / 45	47 / 49	51 / 53	55 / 57	59 / 61	63 / 65	
	Inseam	29	29.5	30	30.5	31	31	31	31	31	31	
CENTIMETERS (cm)	Waist	56 / 61	61 / 66	69 / 74	76 / 81	86 / 91	97 / 101.6	107 / 112	117 / 122	127 / 132	137 / 142	
	Hip	79 / 84	84 / 89	91 / 97	99 / 104	109 / 114	119 / 124.5	130 / 135	140 / 145	150 / 155	160 / 165	
	Inseam	79	79	79	79	79	79	79	79	79	79	
2 WOMEN'S PANT (NUMERIC SIZE)												
Size	00	0	2	4	6	8	10	12	14	16	18	20
INCHES (in)	Waist	24.5	25.5	26.5	27.5	28.5	29.5	30.5	32	34	36	40
	Hip	33.5	34.5	35.5	36.5	37.5	38.5	39.5	41	43	45	49
	Inseam	28.75	29	29.25	29.5	29.75	30	30.25	30.5	30.75	31	31
CENTIMETERS (cm)	Waist	62	65	67	70	72	75	77	81	86	91	102
	Hip	85	88	90	93	95	98	100	104	109	114	124
	Inseam	73	73.7	74.3	74.9	75.6	76.2	76.8	77.5	78.1	78.7	78.7