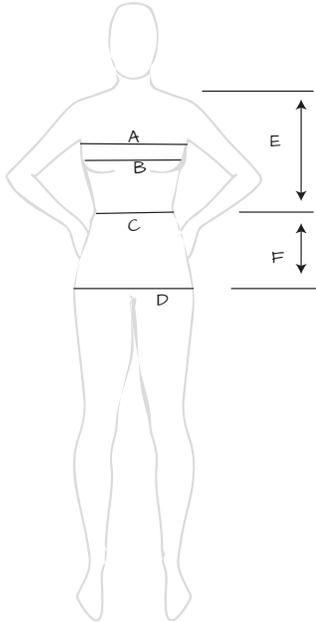




My Measurements date: _____

Remember to keep your flexible tape measure perpendicular to the ground for circumference measurements and to honor your body by not pulling the tape tight or cheating the measurement. You want clothes that fit and look the best on your body...sewing is an act of self care. Pull your tape snug, but not tight. When measuring your lengths be sure to stand tall and not bend over, you change the length by inches when you bend over.



Common Measurements

- A** High Bust Circumference _____
Measure just under the armpits
- B** Full Bust Circumference _____
Measure around the fullest part of bust
- C** Natural Waist Circumference _____
Tie a piece of string around your waist and bend side to side, where it settles is your natural waist... often higher than you think
- D** Full Hip Circumference _____
Measure the fullest part of your hip/rear
- E** Back Bodice Length _____
Measure from the base of your neck, on your back, to your natural waist
- Front Bodice Length _____
Measure from your shoulder seam to natural waist, going along the side of the breast
- F** Waist to Hip Length _____
Measure straight down from your natural waist to your full hip

Notes:

Ease

Suggested **wearing** ease for **knit fabrics**. My Preferred Ease

Bust	0 to -2 inches	_____
Waist	0 to 1 inch	_____
Hip	2 to -2 inches	_____
Bicep	0 to -1 inches	_____

Suggested **wearing** ease for **woven fabrics**. My Preferred Ease

Bust	2 to 4 inches, 3 to 5 inches for coat or jacket	_____ _____
Waist	1 inch	_____
Hip	2 to 4 inches	_____
Bicep	1 1/2 to 2 1/2 inches, 3 to 4 1/2 inches for jackets, 4 to 6 inches for coats	_____ _____

Additional Measurements

- Preferred Shirt (& tunic) Length _____
Measure straight down, from your shoulder to the desired hem of your garment
- Preferred Dress Length _____
Measure straight down, shoulder to hem
- Preferred Pants/Leggings Length _____
Measure straight down, natural waist to hem
- Bicep Circumference _____
Measure the fullest part of your bicep
- Long Sleeve Length _____
top of your shoulder cap to desired length
- 3/4 Sleeve Length _____
top of your shoulder cap to desired length
- Short Sleeve Length _____
top of your shoulder cap to desired length