

HOW TO MEASURE YOURSELF

Use the following chart to guide you through taking your measurements. You will use these measurements to identify your size for the pattern.

MEASURE ALL THE WAY AROUND THE BODY

High Bust - Directly under the armpit

Full Bust - The fullest part of the bust

Waist - The narrowest part of the waistline

High Hip - Around hip bones where a traditional waistband would sit at midrise

Full Hip - The fullest part of the hip

Thigh - Midpoint between crotch and knee

Knee - The center of the knee cap

Calf - Widest part of your lower leg

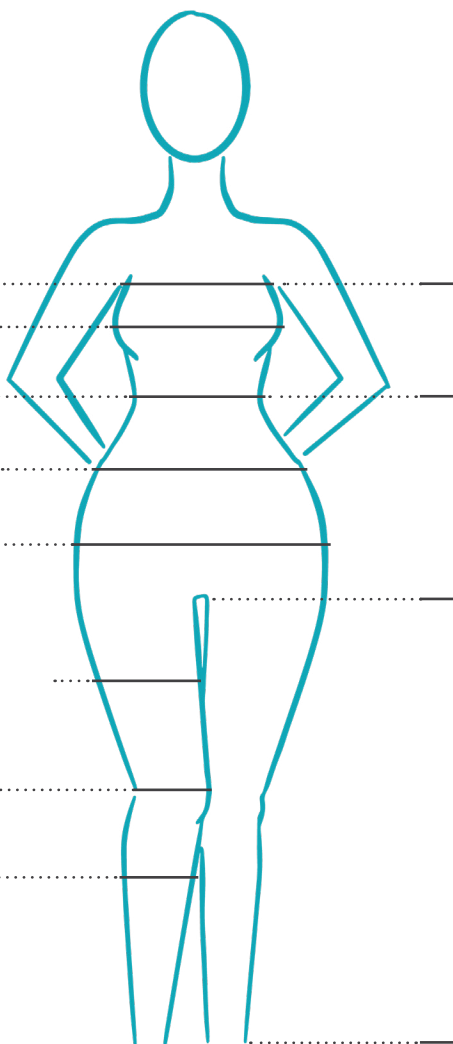
MEASURE FROM THE TOP TO THE BOTTOM

Side Waist - Vertical distance from the armpit to waist

Sleeve Length -

Measured from tip of shoulder bone to wrist with arm bent 90 degrees.

Inseam - Vertical distance from the midpoint of the crotch to ball of the ankle



PERSONAL MEASUREMENT CARD

Fill in the following measurements to quickly access them for sewing apparel.

Name

Date Measured

Height _____

Knee _____

High Bust _____

Calf _____

Full Bust _____

Ankle _____

Waist _____

Inseam _____

High Hip _____

Side Waist _____

Full Hip _____

Sleeve Length _____

Thigh _____