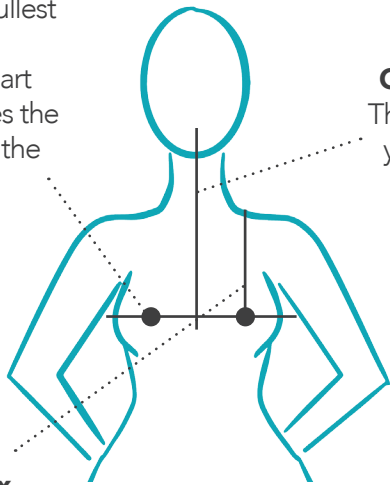


FBA MEASUREMENT CHART

Locate these areas of your body to fill in your FBA measurement card.

Apex - The fullest point of the breast. The part that protrudes the farthest from the body



Centerline - The center of your bodice

Trap to Apex -

Imagine drawing a line straight up from the apex to the top of your trapezius muscle (the muscle at the base of your neck)

ADJUSTMENT AMOUNT

Use this calculation to determine how much of an adjustment you need to make.

NOTE: The ease in this calculation depends on the pattern. If you are sewing a knit garment you can multiply your full bust by 0.9 to account for 10% in negative ease as a standard.

If you are sewing a woven garment you can add 1" to your full bust measurement as a standard.

Refer to your pattern for exact ease amounts.

YOUR FULL BUST (+/-) EASE

MINUS

FINISHED GARMENT FULL BUST

DIVIDED BY TWO, EQUALS

TOTAL ADJUSTMENT AMOUNT



PERSONAL FBA MEASUREMENT CARD

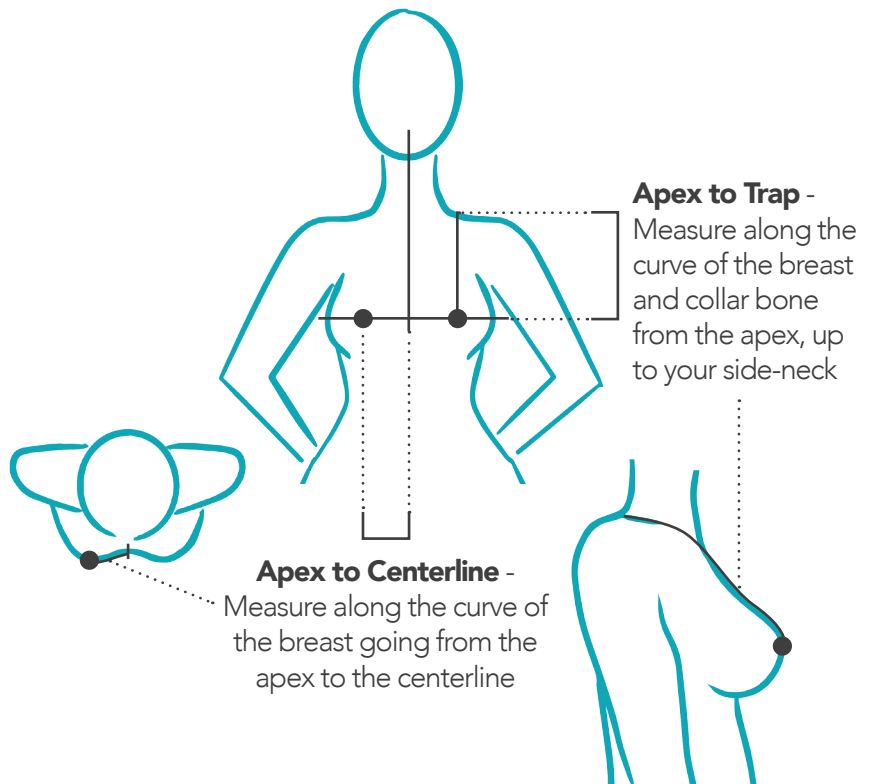
Fill in the following measurements to quickly access them for making an FBA adjustment.

Name

Apex to Trap _____

Apex to Centerline _____

Adjustment Amount _____



Apex to Trap - Measure along the curve of the breast and collar bone from the apex, up to your side-neck

Apex to Centerline - Measure along the curve of the breast going from the apex to the centerline