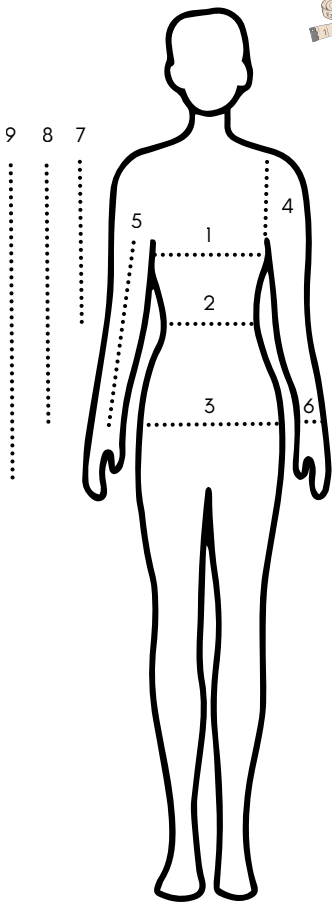


measurement worksheet



my measurements | date: _____



1	Chest/Bust:	_____
2	Waist:	_____
3	Hip:	_____
4	Armhole Depth:	_____
5	Arm Length:	_____
6	Wrist:	_____
7	Neck to Waist:	_____
8	Neck to Hips:	_____
9	Neck to Under Bottom:	_____

Knowing your measurements is essential so that you can make exactly the right size of garment to fit you beautifully. Your measurements will most likely fluctuate over time so make sure to print another copy and note your details before starting a new project. It doesn't matter if the numbers change - it will just help you to find the right size to make.

measuring tips

Chest/Bust Measure around the fullest part and don't pull the tape too tight.

Waist Measure around the smaller part of your natural waist where you crease when you bend.

Hip Measure around the widest part of your lower hip.

Armhole Depth Measure from your shoulder to armpit and note a comfortable measurement for sleeves.

Arm Length Measure from your armpit to wrist.

Neck to ... Measure from your neckline to where you would feel comfortable having a garment end.