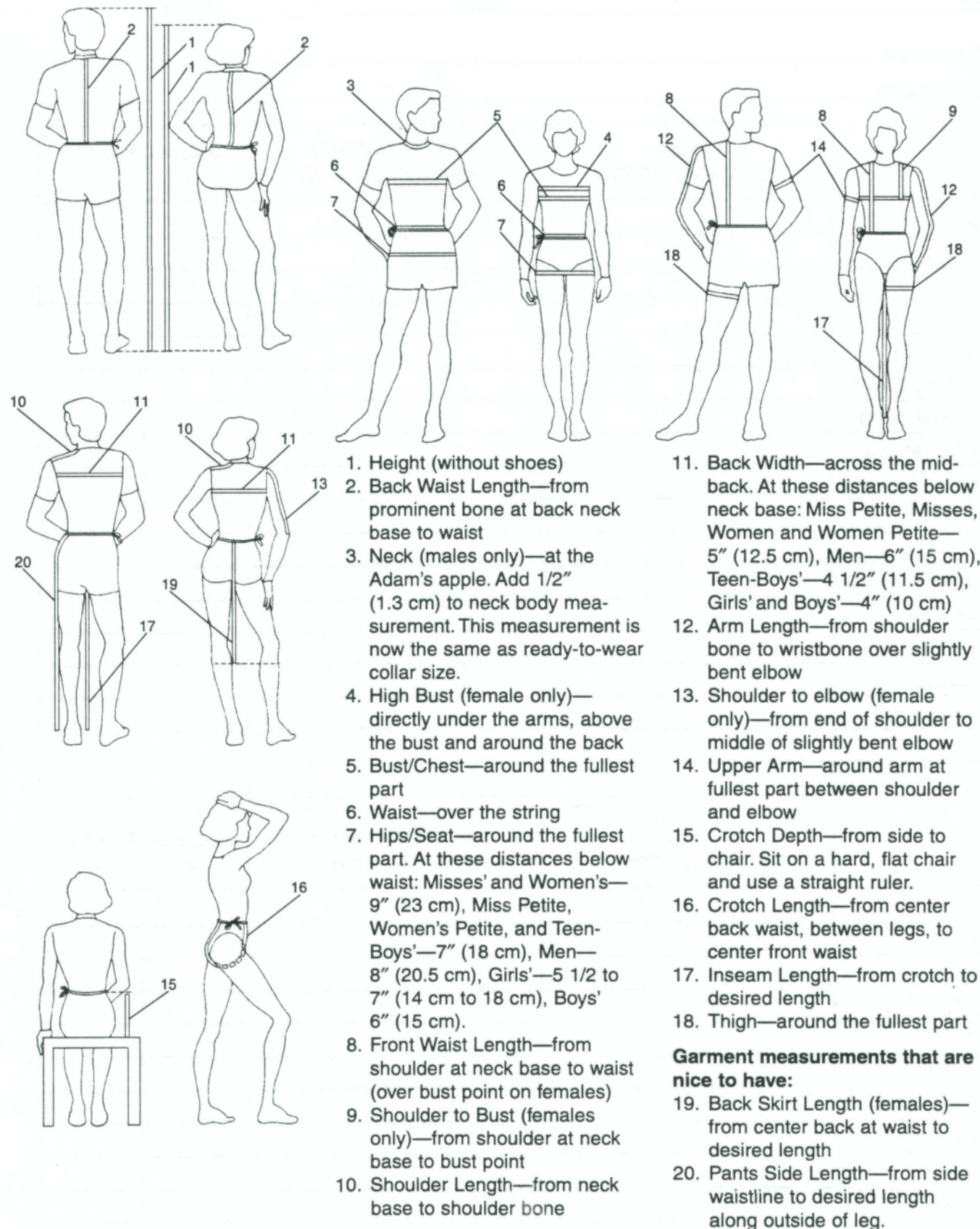


# Measuring for a Perfect Fit



1. Height (without shoes)
  2. Back Waist Length—from prominent bone at back neck base to waist
  3. Neck (males only)—at the Adam's apple. Add 1/2" (1.3 cm) to neck body measurement. This measurement is now the same as ready-to-wear collar size.
  4. High Bust (female only)—directly under the arms, above the bust and around the back
  5. Bust/Chest—around the fullest part
  6. Waist—over the string
  7. Hips/Seat—around the fullest part. At these distances below waist: Misses' and Women's—9" (23 cm), Miss Petite, Women's Petite, and Teen-Boys'—7" (18 cm), Men—8" (20.5 cm), Girls'—5 1/2" to 7" (14 cm to 18 cm), Boys' 6" (15 cm).
  8. Front Waist Length—from shoulder at neck base to waist (over bust point on females)
  9. Shoulder to Bust (females only)—from shoulder at neck base to bust point
  10. Shoulder Length—from neck base to shoulder bone
  11. Back Width—across the mid-back. At these distances below neck base: Miss Petite, Misses, Women and Women Petite—5" (12.5 cm), Men—6" (15 cm), Teen-Boys'—4 1/2" (11.5 cm), Girls' and Boys'—4" (10 cm)
  12. Arm Length—from shoulder bone to wristbone over slightly bent elbow
  13. Shoulder to elbow (female only)—from end of shoulder to middle of slightly bent elbow
  14. Upper Arm—around arm at fullest part between shoulder and elbow
  15. Crotch Depth—from side to chair. Sit on a hard, flat chair and use a straight ruler.
  16. Crotch Length—from center back waist, between legs, to center front waist
  17. Inseam Length—from crotch to desired length
  18. Thigh—around the fullest part
- Garment measurements that are nice to have:**
19. Back Skirt Length (females)—from center back at waist to desired length
  20. Pants Side Length—from side waistline to desired length along outside of leg.

# My Personal Measurement Chart

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

My figure type: \_\_\_\_\_

My pattern size: \_\_\_\_\_

	HER MEASUREMENTS	PATTERN BODY MEASUREMENTS	ADJUSTMENTS	
			+	-
Height				
High Bust				
Bust				
Waist				
Hips				
Back Waist Length				
Front Waist Length				
Shoulder to Bust				
Shoulder Length				
Back Width				
Arm Length				
Shoulder to Elbow				
Upper Arm				
Crotch Depth				
Crotch Length				
Inseam Length				
Thigh				
Back Skirt Length				

	HIS MEASUREMENTS	PATTERN BODY MEASUREMENTS	ADJUSTMENTS	
			+	-
Height				
Chest				
Waist				
Hips (Seat)				
Neck				
Arm Length				
Crotch Length				
Inseam Length				
Thigh				
Pants Side Length				
Inseam Length				