

MEASUREMENT TRACKING SHEET

How to Measure

- Always make sure the tape measure is perfectly level when around the body
- Use ribbons, tape, elastic at each of the major points (make sure whatever you use is not tight) to get accurate lateral measurements
 - Place the tape measure at the mid-point of the ribbon/elastic and allow it to drop.
 - Use a mirror to read the measurement

Typical Measurement

1. High Bust, Bust & Under Bust

- a. High Bust is measured across the chest under the armpits
- b. Bust - tape is flat across back and nipples
- c. Under Bust is measured right under the bust, around ribcage

2. Waist

- a. Considered where bellybutton is located
- b. However, measure where you prefer to wear your pants
 - i. Keep this in mind when measuring your crotch length

3. Tummy/High Hip

- a. Typically, either 3" below the natural waist or at the fullest part of the abdomen
- b. This measurement is useful when needing to adjust a pattern for a full tummy area

4. Hip/Low Hip

- a. Hip measurement is taken at the point where your hip and thigh bones meet
 - i. To find this point, either bend over or lift a leg
- b. Low Hip is the fullest part of the hip/buttocks area

5. Arm Measurements

- a. For bicep, flex muscle and bend arm almost to 90 degrees and measure around fullest part of bicep
- b. Arm Length is measured from the tip of the shoulder bone to the wrist bone
 - i. Make sure to bend the arm to about a 30-45 degree angle

6. Shoulder/Across Shoulders

- a. Shoulder measurement is taken from the base of the neck to the arm joint area (where bones join)
- b. Across Shoulder measurement is taken from across the back of the shoulders from arm joint point to arm joint point

7. Back Width

- a. This measurement is taken from under the middle of the arm pits across the back to the middle of the other arm pit.
- b. If you take just the back measurement without going into the arm pit, make sure you account for this on your pattern

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8. Back Length Measurements

- a. Back Center length is from the base of the neck and go to the natural (or preferred) waistline
- b. Back of neck to knee – start at the base of the neck and go to the middle of the back of the knee
- c. Back of neck to Floor - start at the base of the neck and go the floor

9. Outseam

- a. Measure from the natural waist (or preferred) line to the ankle
- b. Used for pants length

10. Inseam

- a. Measure from as close as possible to where thigh hits pubic area to the ankle (for Pants)

11. Crotch (Standing & Sitting)

- a. Measure from the natural waist (or preferred) down the front of the body, under and up to the back of the waist
- b. Also consider doing the same measurement and sit – it will adjust/add inches to the measurement due to fullest part of the body

Additional Measurements to consider:

➤ **Hand Measurement**

- Take around the fullest part of the hand

➤ **Elbow measurement**

- With arm slightly bent, measure around the elbow

➤ **Lower Arm**

- Measure around the fullest part of the lower arm

➤ **Leg Measurements**

- Thigh – around the fullest part of the thigh
- Knee – with knee slightly bent
- Calf/lower leg – around the fullest part of the lower leg
- Ankle

➤ **Armscye & Armscye Depth**

- Armscye is measured by placing the tape at the top of the should socket, bring it down through the armpit and back up to the starting point
 - Add ½” to 1” of ease for comfort
- Armscye Depth is measured from the top of the shoulder socket straight down to the armpit (can use rulers to make this easier - see graphic below)

➤ **Crotch Depth**

- Crotch Depth is measured from a seated position from the natural waist (or preferred waist) to the seat.

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➤ **Apex Measurements**

- Apex (from middle of shoulder down to nipple); bra will change this
- Apex to Apex (highest point of breast: across both) may not be at nipples

➤ **Shoulder Slope**

- Measure from the tip of the shoulder joint to the center line of the back at the waist
- Do this front and back for sloped shoulder adjustments

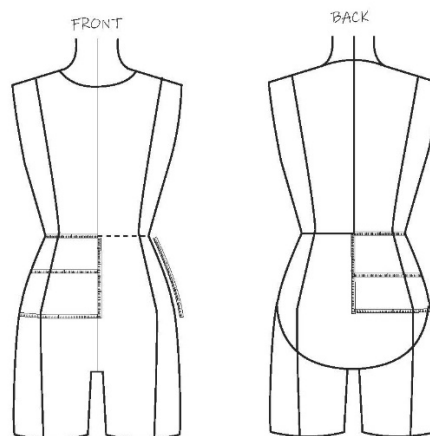
➤ **Side Length**

- Measure from the center point under the armhole and down to side of waist (natural or preferred)

NOTES ON MEASUREMENTS

- Be as accurate as possible (do not round up or down)
- Consider taking the measurement 2 to 3 times if measuring yourself and then take an average
- Best practice is to retake measurements each time a pattern is drafted
- If adjustments are needed to a pattern such as Full Bust, Sloped Shoulders.
 - Consider taking $\frac{1}{2}$ measurements
 - This means taking each measurement from a center line of the body and around $\frac{1}{2}$ of the body (also referred to as Arcs)

Example of lower $\frac{1}{2}$ body measurements



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Wrinkle Cheat sheet



Tight Horizontal Wrinkles

Tight horizontal wrinkles mean that there is not enough width in a particular area. You will need to add ease to make the piece wider



Loose Horizontal Wrinkles

Loose horizontal wrinkles mean that there is too much length in an area. You will need to eliminate some ease to make the area shorter.



Tight Diagonal Wrinkles

Tight diagonal wrinkles mean that there is not enough fabric to go around a curve. You will need to add fullness at the curve, making that area both longer and wider. Here you can see tight wrinkles pointing toward the bust, indicating not enough fullness there.



Loose Diagonal Wrinkles

Loose diagonal wrinkles mean that there is too much fabric for the curve, making that area both shorter and narrower. Here there is too much fullness around the bust area.



Tight Vertical Wrinkles

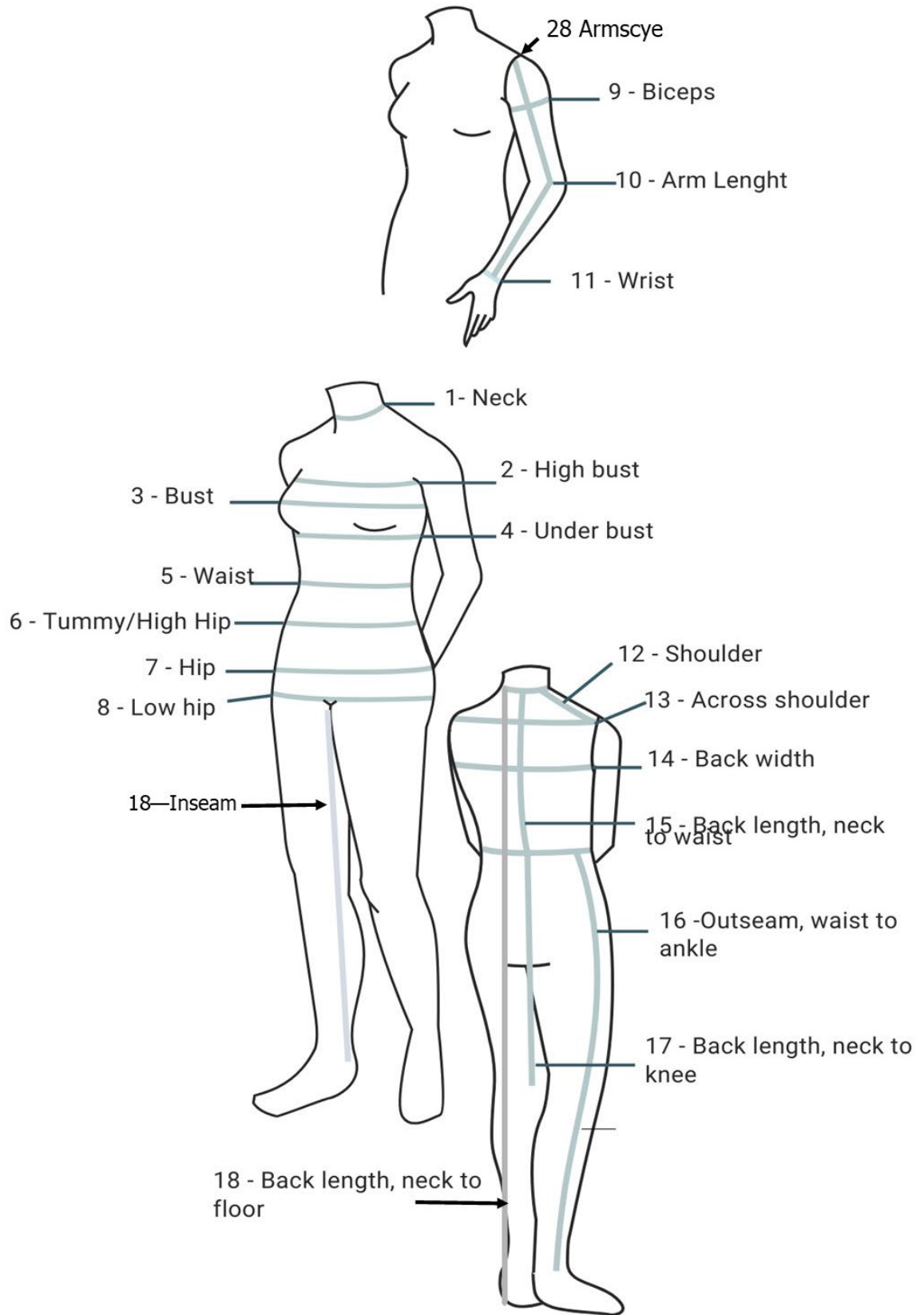
Tight vertical wrinkles mean that there is not enough length in an area. You will need to add ease to make the area longer.



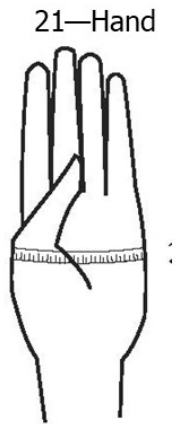
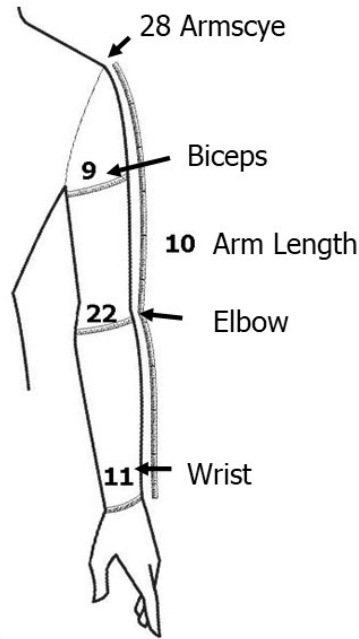
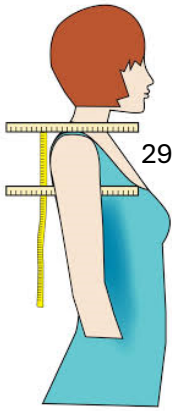
Loose Vertical Wrinkles

Loose vertical wrinkles mean that there is too much width in an area. You will need to make the area narrower.

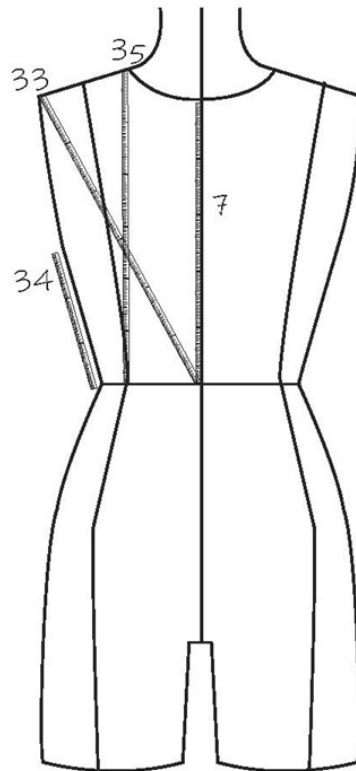
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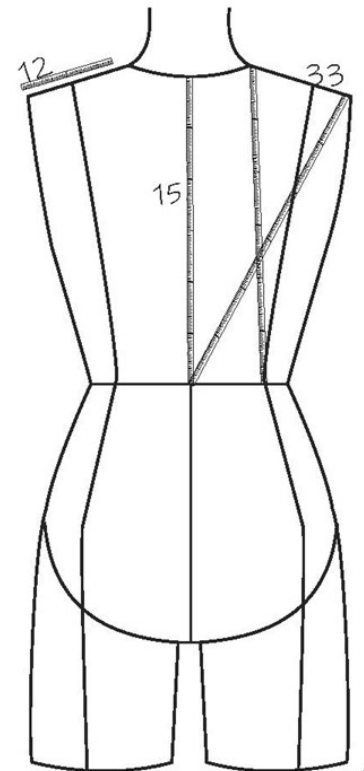
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FRONT



BACK



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