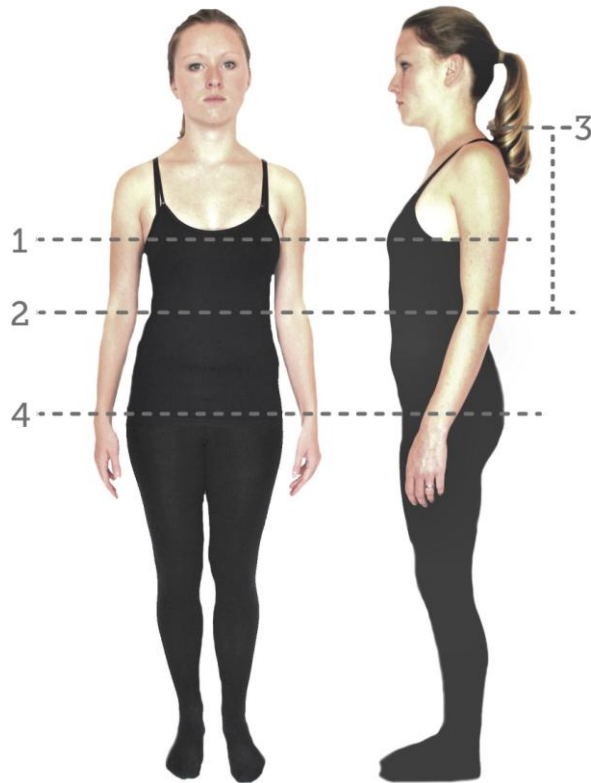


Taking Measurements Worksheet

Before buying a pattern to sew, it is important to take all the necessary body measurements. Bust, waist and hip will be required on most patterns and, depending on the garment, other measurements may be necessary.



1. Bust - Around the fullest part of your bust and straight across your back.

2. Waist - Tie a narrow piece of elastic or string around your waist and let it settle naturally at your waistline. Measure over the elastic or string and then keep it in place for the next measurement.

3. Back Waist Length - From the most prominent bone at the base of the neck to the natural waistline.

4. Hip - Around the fullest part of the body, usually 7"-9" below the waist.

Your Measurement Worksheet		
Name:		
What to Measure	Body Measurements	Your Pattern Size
1. Bust (around the fullest part)		
2. Waist		
3. Back Waist Length		
4. Hip (around fullest part)		
Date measurements were taken:		
Pattern company and style:		