

# MEASUREMENT CHART

This chart is quick and easy to use.

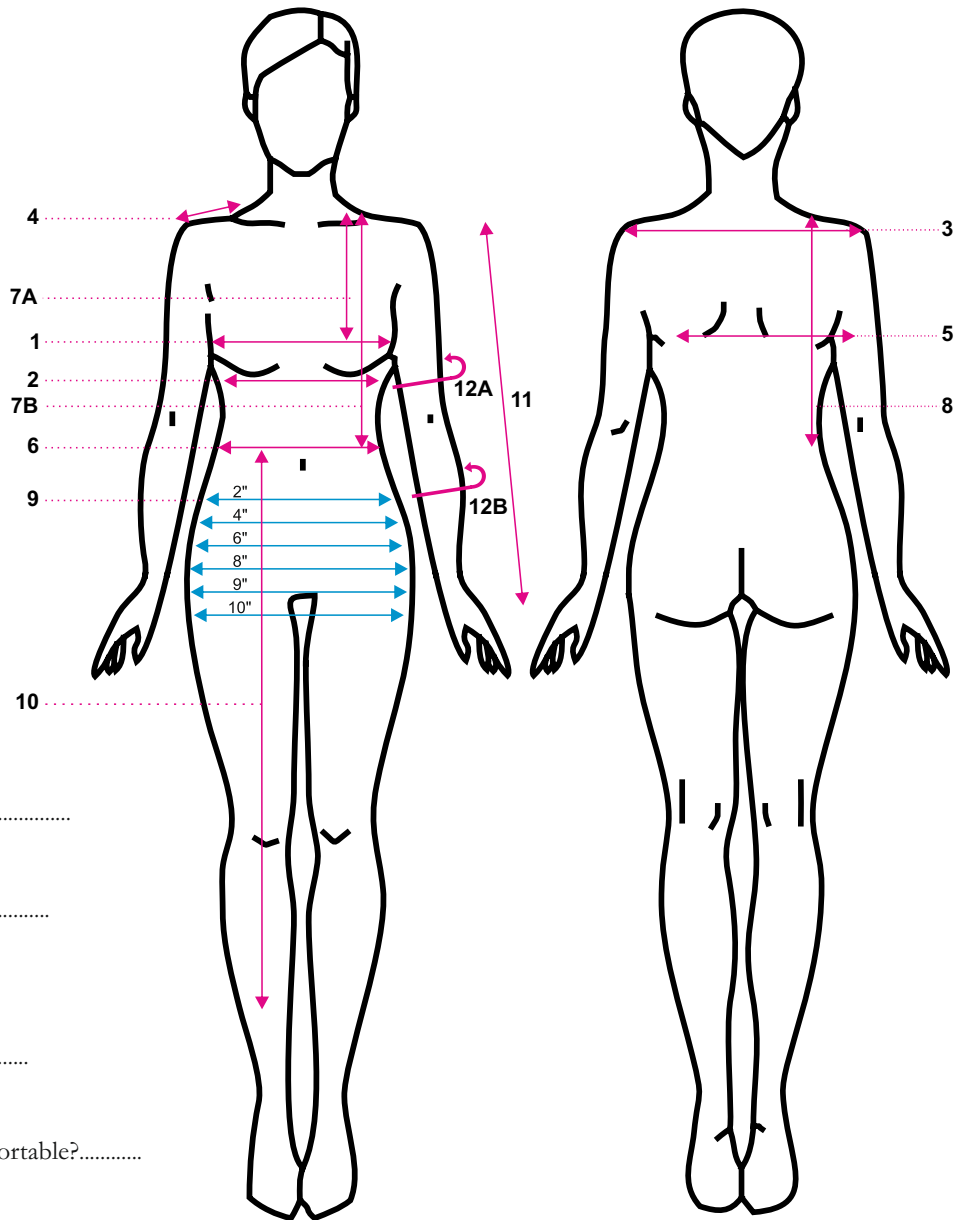
It is here to help you cut out the correct size pattern.

I use this method all the time when working with clients. I will have very little appointment time so I need to get as much information down as quickly as possible.

All the additional styling, contouring, individual alterations can be done at the toile stage.

**TOP TIP:** Tie a length of ribbon around your waist, so you don't have to think where your waist is again.

All measurements are either above or below this reference point.



1. Bust: The fullest part .....
2. Underbust: Immediately under. The narrowest part .....
3. Shoulders:  
Across the back from shoulder point to shoulder point .....
4. One Shoulder: Up close to the neck .....
5. Across the mid back:  
Approximately where the notches are on the pattern .....
6. Waist:  
If unsure tuck your hands into your waist. Where is comfortable?.....
7. Front Bodice: Mid Shoulder to bust 7A .....

Continue to waist 7B .....

8. Back bodice: Mid shoulder to waist .....
9. Hips: 2" below waist .....
- 4" below waist .....
- 6" below waist .....
- 8" below waist .....
- 9" below waist .....
- 10" below waist ..... Continue if wider beyond this point.

NOTE: We are doing a dot to dot. So you get a true style line to your hips and thigh shape.

ALSO NOTE: We are taking a 9" measurement because most commercial patterns are referring to this point when asking for hip measurement. But please check with your pattern.

10. Length: Waist to Required Length .....

11. Sleeve: Measure this with your arm slightly bent forward and resting against the body. Not lifted.

Length from shoulder part to elbow .....

To finish length .....

12A. Around top of arm .....

12B. Around the hem of finished length .....



Write in these boxes your measurements for the following:

Bust

Waist

Hips

*This is the measurement 9”  
below the waist, this is where the  
pattern is usually measured  
from, but check, it can vary.*

Check these against your measurements on the pattern.

If in doubt buy for the bust.

But the good news is these days most companies are multisized.

What size are you

Check against several companies. Do they differ? Make a note.

Note: If between sizes, write this down. Eg: 10-12.

This is a guideline to help you make/purchase the correct pattern, and make personal alterations much easier further down the line.

I will soon be writing a blog for the website which will give you a greater insight into the fitting. I will talk more in depth about why some patterns fit better than others, and how to fit for specific shapes and styles.

Please feel free to print this chart. I hope it proves to be a handy reference for the future.

Enjoy the achievement of a great fit.

Very best wishes, Terry. 

T E R R Y  F O X  
*the spirit of couture*