



## Personal Measurement Charts

### **Dress Measurement Chart**

Use the following handy chart to record your current measurements.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

- |                          |       |
|--------------------------|-------|
| 1. Full Bust             | _____ |
| 2. Waist                 | _____ |
| 3. High Hip              | _____ |
| 4. Full/Low Hip:         | _____ |
| 5. Mid Shoulder to Apex  | _____ |
| 6. Mid Shoulder to Waist | _____ |
| 7. Waist to Hem          | _____ |
| 8. a. 1/2 Apex to Apex   | _____ |
| b. Bra Cup Size          | _____ |
| 9. Shoulder Length       | _____ |
| 10. Shoulder to Elbow    | _____ |
| 11. Shoulder to Wrist    | _____ |

#### **Taking your measurements:**

Refer to the individual kit instruction books. If you've gained or lost 10-15 pounds, then you will want to re-do your measurements and re-draw your personal blueprint patterns. For further visual assistance for taking your measurements, see the SFD Learning Center - <https://surefitdesigns.com/pages/video-library>. For Pants Measuring, see this video: P.2 Measuring Accurately for the Pants pattern . For Dress Measuring, see this video: D.5 Measuring Solo - without a sewing buddy - see how . Also refer to the instruction books in each kit and in the How-To DVD.

### **Shirt Measurement Chart**

Use the following handy chart to record your current measurements.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

- |   |       |
|---|-------|
| 1. Chest/Bust                             | _____ |
| 2. Neck                                   | _____ |
| 3. Waist                                  | _____ |
| 4. Back Shoulder Width                    | _____ |
| 5. Center Back Waist Length               | _____ |
| 6. Upper Arm/Bicep                        | _____ |
| 7. Arm Length                             | _____ |
| 8. Fullest Hip Circumference (Women Only) | _____ |

### **Pants Measurement Chart**

Use the following handy chart to record your current measurements.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Area to Measure	Location	Measurement
1. Waist	At natural body position	_____
2. High Hip	At _____" down from waist	_____
3. Low/full Hip	At _____" down from waist	_____
4. Pant length	From bottom of waist over hip to desired hem level.	_____
5. Straddle/Crotch Measurement	Total from CF through crotch to CB.	_____
	a. Front Crotch Length	_____
	b. Back Crotch Length	_____