Body Measurement Chart

US Letter

Date it, remeasure when things change, and compare it with each pattern's own size chart

Name: _____ Date: _____ Units: in / cm: _____

Pattern compared: _____ Size on its chart: _____ Measured by: _____

Measurement	How to measure	Me	Pattern chart	Difference to assess
UPPER BODY				
Height	barefoot, floor to top of head			
High bust	under the arms, above the bust			
Full bust	fullest part, tape level all around			
Underbust	around the ribcage just below the bust			
Waist	natural waist, where the body bends side to side			
Neck	around the base of the neck			
Shoulder	side of the neck to the shoulder point			
Across back	between the arm creases, mid-back			
Back waist length	neck bone to the waist, center back			
Front waist length	shoulder at the neck, over the bust, to the waist			
Bust point to point	straight across, apex to apex			
Arm length	shoulder point, over a bent elbow, to the wrist			
Upper arm	around the fullest part above the elbow			
Wrist	around the wrist bone			
LOWER BODY				
High hip	around the upper hip or fullest tummy, tape level			
Full hip	around the fullest part of the seat, tape level			
Waist to hip	down the side, waist to full hip			
Crotch depth	seated, side waist to the chair; methods vary, check the pattern			
Inseam	crotch to the ankle, inside leg			
Outseam	waist to the ankle, outside leg			
Thigh	around the fullest part of the upper leg			
Knee	around the knee, tape level			
Calf	around the fullest part of the calf			

Before you start

Measure over the underwear you will wear with the garment. Keep the tape snug but not tight, and level all the way around. Tie a narrow elastic at the natural waist first: it marks the line for the waist, back length and crotch depth. Compare the 'Me' column with the pattern's body measurements, not its finished garment measurements. If a pattern measures a point differently, follow its instructions. A difference is something to assess, not an automatic alteration: ease and fit decide how much it matters.