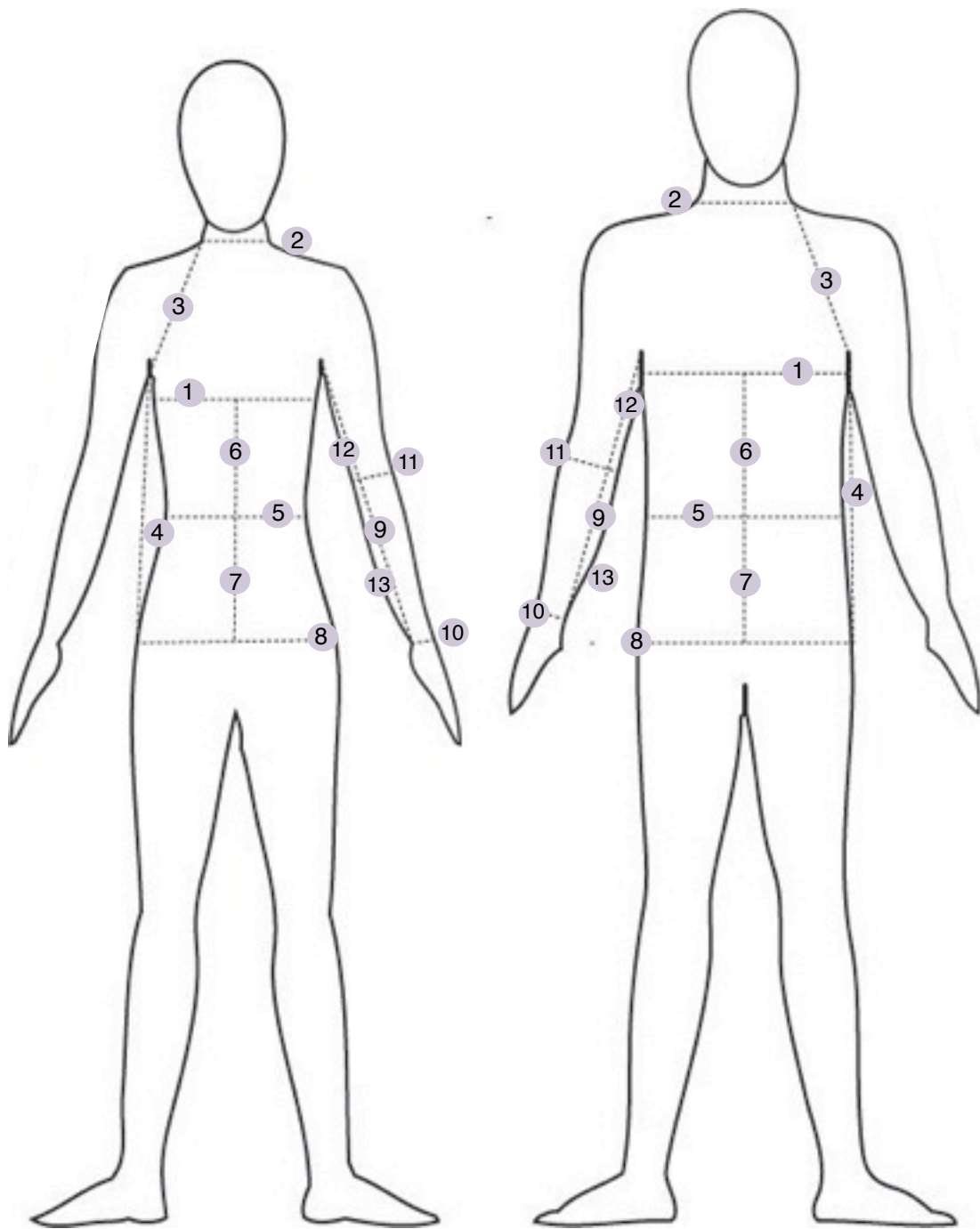


Body Measurement Worksheet



Measurements For: _____

Date: _____

1. Chest/Bust _____

~ Measure around the fullest part of your chest. Be sure to keep the measuring tape parallel to the floor.

2. Neck _____

~ Measure around the largest part of the neck. If you are creating a circular neckline and would like to make a wider neck, you can add inches here. However, I would not recommend making the neck any larger than 26".

3. Raglan _____

~ Measure diagonally from your shoulder seam at the point where it meets the collar to the side seam at underarm. ** If you have added extra inches to your neck measurement to make a wider opening, only measure the raglan to the where the widened neckline will hit at your shoulder (If it is wider, this should make the raglan length shorter)

4. Body Length _____

~ Measure from from underarm to your desired sweater length (crop, regular, long or tunic).

5. Natural Waist _____

~ Measure around at height of navel.

6. Waist Shaping 1 _____

~ Measure from bust line / widest point of chest to natural waist.

7. Waist Shaping 2 _____

~ Measure from natural waist to hip or to desired length of sweater.

8. Hip _____

~ Measure around at hip at widest point.

9. Sleeve Length _____

~ Measure from underarm to desired sleeve length.

10. Wrist _____

~ Measure loosely around wrist

11. Sleeve Shaping 1 _____

~ Measure from underarm to inside of elbow

12. Elbow _____

~ Measure around arm at elbow with arm bent

13. Sleeve Shaping 2 _____

~ Measure from inside of elbow to desired sleeve length.