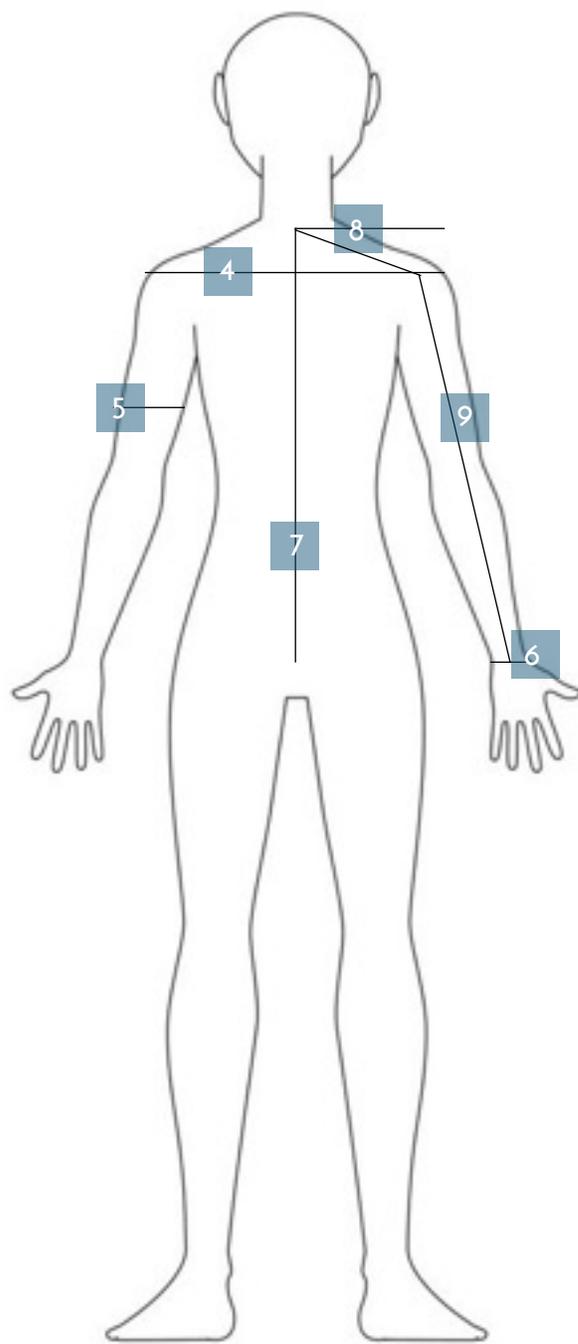
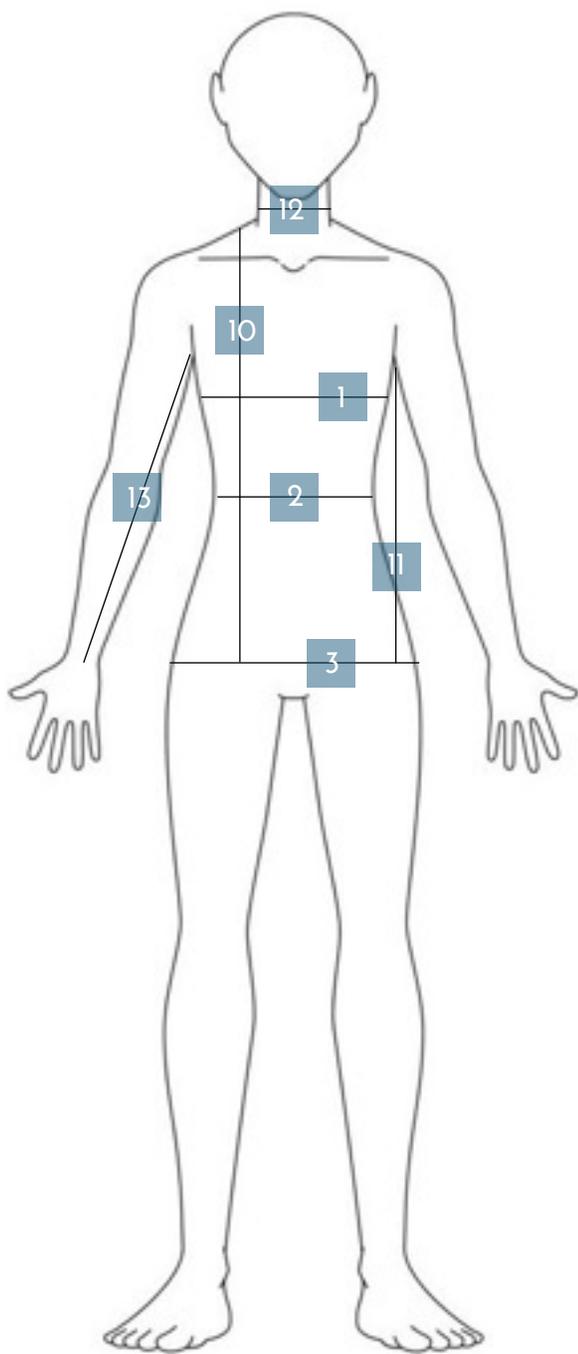


# Body Measurement Worksheet

## FOR SET-IN SLEEVE SWEATERS



Measurements For: \_\_\_\_\_

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

**1. Bust/Chest** \_\_\_\_\_

Measure around the fullest part of the bust. Be sure to keep the measuring tape parallel to the ground and not slip down in the back. The bust is the starting point in determining how much ease to allow in your sweater.

**2. Waist** \_\_\_\_\_

Measure loosely around your natural waist

**3. Hips** \_\_\_\_\_

Measure the hip around the widest point below the waist.

**4. Crossback** \_\_\_\_\_

The crossback includes both shoulders and should be measured across the back from the tip of one shoulder bone to the other.

**5. Upper Arm** \_\_\_\_\_

Measure around the upper arm around it's widest point

**6. Wrist** \_\_\_\_\_

The wrist is measured around the arm just above the hand

**7. Back Neck to Waist** \_\_\_\_\_

Measure from the bone at the base of the back of your neck to the waist or where you would like the final length of the sweater to sit.

**8. Shoulder** \_\_\_\_\_

Measure from the center of the back of the neck to the point where the arm joins the body.

**9. Center Back Neck to Wrist** \_\_\_\_\_

Measure from the bone in the center back of your neck to the wrist bone (or to the point you want your sleeve to end) with your arm extended

**10. Front Neck to Waist** \_\_\_\_\_

Measure from the shoulder over the fullest part of the bust to the waist or where you would like the final length of the sweater to sit.

**11. Waist to Underarm \_\_\_\_\_**

Measure from the waistline or where you would like the final length of the sweater to sit to approximately one inch before your actual underarm.

**12. Neck Width \_\_\_\_\_**

Measure around the neck at its fullest point.

**13. Wrist to Underarm \_\_\_\_\_**

Measure from the wrist bone along the underside of your arm, with your elbow slightly bent, to approximately one inch before your underarm.