

▲ INCREASE

Waist Shaping Worksheet

If you would like to add stitches to accommodate a larger waist (that is, if your waistline is larger than your chest/bust) or if you'd like to create a flared effect answer the following equations:

WAISTLINE MATH

To add stitches you will first need to decide where you would like to put them within the body of your sweater.

1. _____ Natural waist measurement - _____ Chest/bust measurement = _____
Inches to be added

2. _____ Stitch gauge x _____ Inches to be added (see answer to equation #1) =
_____ Stitches to be added

3. _____ Waist shaping 1 x _____ Row gauge = _____ Rows between bust and
natural waist

4. _____ Rows between bust and natural waist (see answer to equation # 3) ÷ (stitches
to be added _____ ÷ 4) = _____ How often to increase stitches for the waist

INSTRUCTIONS

When you begin knitting the body (after the sleeves have been taken out) place one stitch marker on each side of the sweater where the sleeves were taken out. Work in your desired stitch pattern and increase one stitch **before** and **after** each stitch marker every _____ (answer to equation #4) rows. Continue in this manner until you have reached your desired number of stitches for the waistline, then work your desired hem/cuff.