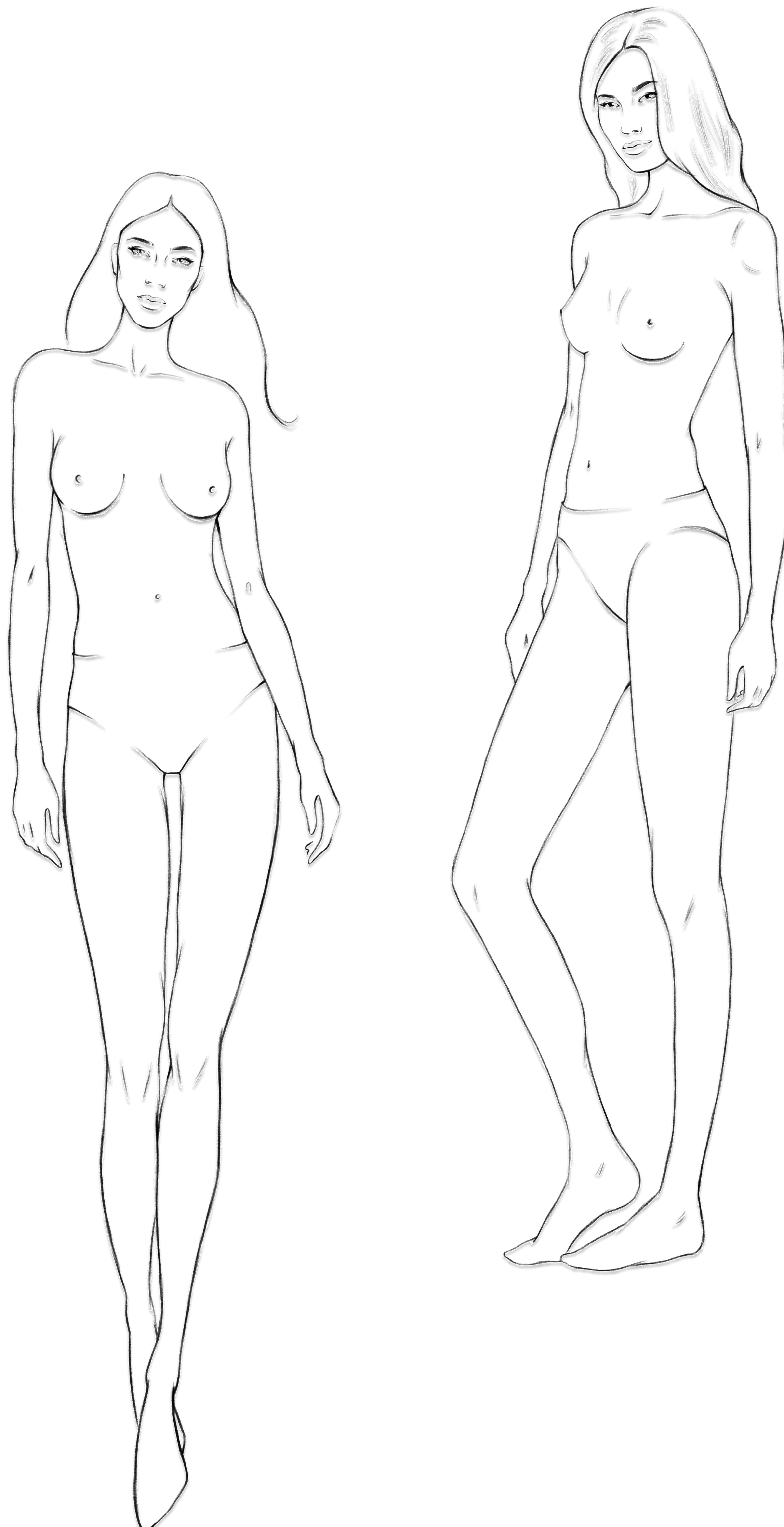


Body Measurement Guide



Designed by Bhargavi Gundla

What You Will Find

Introductory Note from the Creator

Body Diagram with Provided Measurement Labels

Instructions for each Provided Measurement Label

Measurement Tracker

- + Diagram with Provided Measurement Labels Version
 - + Empty Diagram and Labels Version

Body Measurement Mini Cards

- + Provided Measurement Labels Version
 - + Empty Version

Customizable Pattern Design Templates

- + Horizontal Version
- + Vertical Version

Introduction

Hello, and welcome to my body guide! I hope it serves you well as a measurement tracker and pattern template. Please feel free to print any of the pages in this guide as you see fit, for yourself, or for anyone you need to track measurements for. It is my hope to make knowledge about sewing more accessible, and this guide is a good place for people of all knowledge levels to organize their ideas and measurements.

To take measurements, you **need** two things:

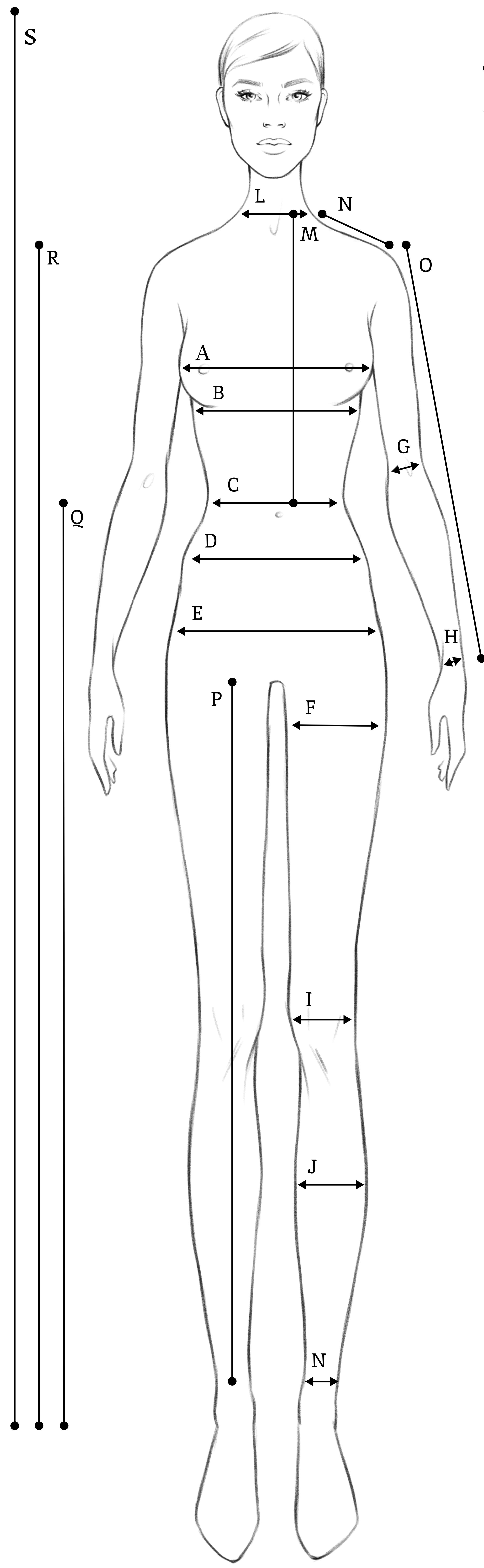
- Measuring Tape
- Something to Write With

If you are taking measurements for yourself, I would advise you to have a friend help you, but this is optional. If you need instruction to take a measurement, please consult the measurement guide, which provides instructions on taking measurements for the items on the templated tracker.

If you have any other questions, please do not be afraid to look to other resources. There are many free books, courses and videos online that can provide you with an excellent foundation of knowledge!

With Love,
Bhargs

Body Measurement Diagram and Key



—•— denotes start to end measurement
↔ denotes circumference,
or all-around measurement

Circumference

- A. Bust
- B. Under-Bust
- C. Waist
- D. Hip Bone
- E. Hip
- F. Thigh
- G. Elbow
- H. Wrist
- I. Knee
- J. Calf
- K. Ankle
- L. Base of Neck

Start to End

- M. Base of Neck to Waist
- N. Base of Neck to Shoulder
- O. Shoulder to Wrist
- P. Inseam to Ankle
- Q. Waist to Floor
- R. Shoulder to Floor
- S. Head to Floor

Measurement Instructions

- A. Bust Measure around the fullest point of the bust.
- B. Under-Bust First measure around your body right under your bust, snug, but not tight.
- C. Waist First measure around your body right under your bust, snug, but not tight.
- D. Hip Bone Measure around the highest point of your hips, where you can feel the top of your hip bone.
- E. Hip Measure around the fullest part of your hips.
- F. Thigh Measure around the thickest part of your thigh, where the bottom of your butt meets the top of your thighs.
- G. Elbow Measure around your arm, approximately 1 $\frac{1}{2}$ - 2 inches below the crease of your elbow.
- H. Wrist Measure around the smallest part of your wrist.
- I. Knee Wrap the tape measure around your knee, keeping the tape measure horizontal to the floor.
- J. Calf Measure around the widest part of your calf.
- K. Ankle Measure around the narrowest part of your ankle.

Measurement Instructions

L. Base of Neck Measure around the lowest part of your neck.

M. Base of Neck
to Waist Measure from the base of your neck to your waist.

N. Base of Neck
to Shoulder Measure from the base of your neck on the side, to the end of your shoulder blade.

O. Shoulder to
Wrist Measure from your shoulder blade to the thinnest part of your wrist.

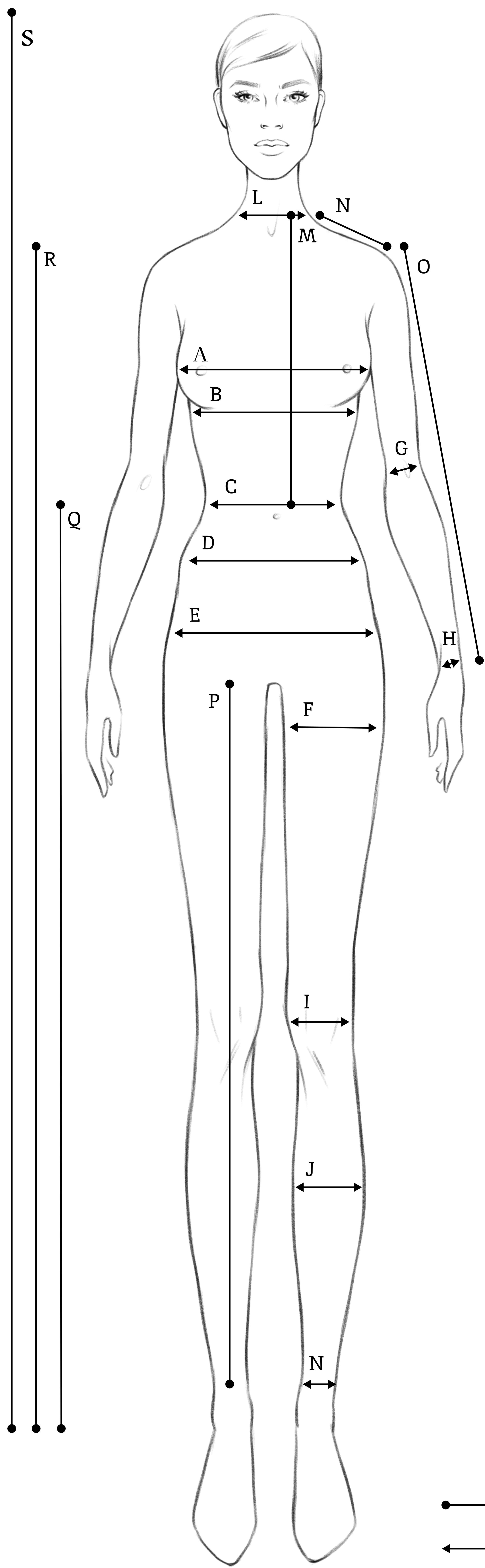
P. Inseam to
Ankle Measure from the uppermost part of your inner thigh to your ankle.

Q. Waist to
Floor Measure from your waist to the floor.

R. Shoulder to
Floor Measure from your shoulder blade to the floor.

S. Head to
Floor Measure your full vertical height.

Body Measurement Tracker



Date: _____

First Name: _____

Last Name _____

Measurements: Cm In

Circumference

- _____ A. Bust
- _____ B. Under-Bust
- _____ C. Waist
- _____ D. Hip Bone
- _____ E. Hip
- _____ F. Thigh
- _____ G. Elbow
- _____ H. Wrist
- _____ I. Knee
- _____ J. Calf
- _____ K. Ankle
- _____ L. Base of Neck

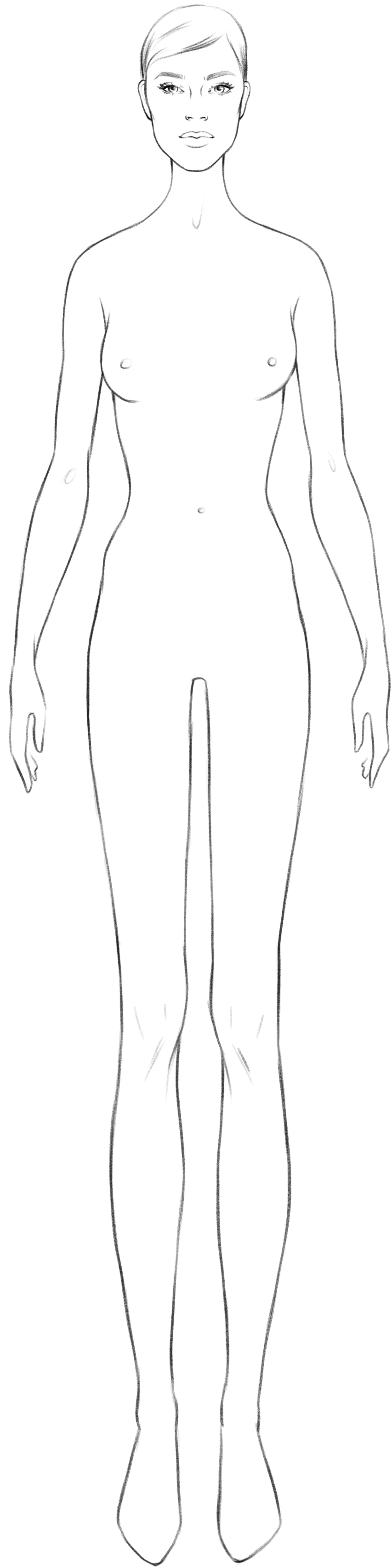
Start to End

- _____ M. Base of Neck to Waist
- _____ N. Base of Neck to Shoulder
- _____ O. Shoulder to Wrist
- _____ P. Inseam to Ankle
- _____ Q. Waist to Floor
- _____ R. Shoulder to Floor
- _____ S. Head to Floor

→ → denotes start to end measurement

↔ ↔ denotes circumference, or all-around measurement

Body Measurement Tracker



Date: _____

First Name: _____

Last Name _____

Measurements: Cm In

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____

J. _____

K. _____

L. _____

M. _____

N. _____

O. _____

P. _____

Q. _____

R. _____

S. _____

T. _____

U. _____

V. _____

Body Measurement Card

_____ A. Bust

_____ B. Under-Bust

_____ C. Waist

_____ D. Hip Bone

_____ E. Hip

_____ F. Thigh

_____ G. Elbow

_____ H. Wrist

_____ I. Knee

_____ J. Calf

Date: _____

First Name: _____

Last Name _____

Measurements: Cm In

_____ K. Ankle

_____ L. Base of Neck

_____ M. Base of Neck to Waist

_____ N. Base of Neck to Shoulder

_____ O. Shoulder to Wrist

_____ P. Inseam to Ankle

_____ Q. Waist to Floor

_____ R. Shoulder to Floor

_____ S. Head to Floor

Body Measurement Card

_____ A. _____

_____ B. _____

_____ C. _____

_____ D. _____

_____ E. _____

_____ F. _____

_____ G. _____

_____ H. _____

_____ I. _____

_____ J. _____

Date: _____

First Name: _____

Last Name _____

Measurements: Cm In

_____ K. _____

_____ L. _____

_____ M. _____

_____ N. _____

_____ O. _____

_____ P. _____

_____ Q. _____

_____ R. _____

_____ S. _____

Pattern Name: _____

Date: _____

First Name: _____

Last Name _____

Measurements: Cm In

_____ A. _____

_____ B. _____

_____ C. _____

_____ D. _____

_____ E. _____

_____ F. _____

_____ G. _____

_____ H. _____

_____ I. _____

_____ J. _____

_____ K. _____

_____ L. _____

_____ M. _____

_____ N. _____

_____ O. _____

_____ P. _____

_____ Q. _____

_____ R. _____

_____ S. _____

_____ T. _____

Pattern Name: _____

Date: _____

First Name: _____

Last Name _____

Measurements: Cm In

_____ A. _____

_____ B. _____

_____ C. _____

_____ D. _____

_____ E. _____

_____ F. _____

_____ G. _____

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_____ S. _____

_____ T. _____