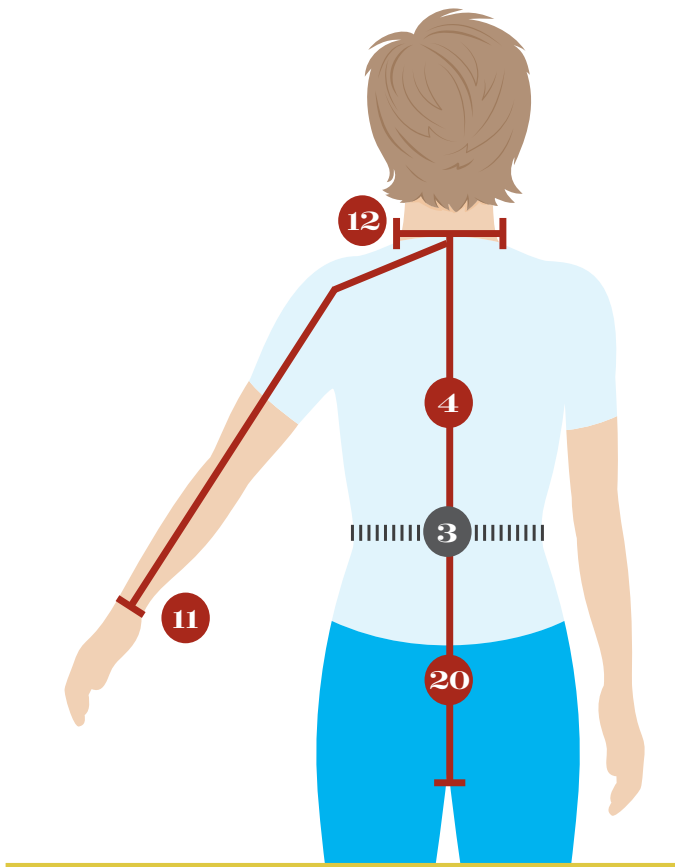
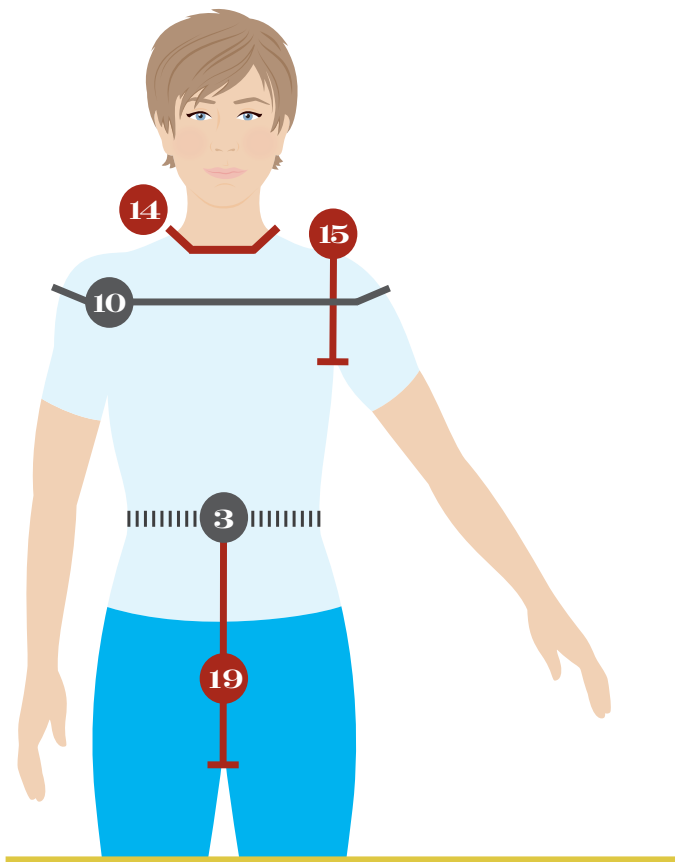


### Your Own Measurements

We've come to the first important step toward good fit: whether planning to make a flat shawl or a shaped garment, you will need a record of your body measurements. Here I present a full range of measurements, including some you may never have considered. This information will help you face any project, and allow you to utilize the "Math Magic" equations that appear throughout the book to achieve a personalized fit.



PHOTOCOPY THIS LIST AND RECORD YOUR MEASUREMENTS FOR EASY REFERENCE.

1. Bust \_\_\_\_\_
2. Bust point \_\_\_\_\_
3. Waist \_\_\_\_\_
4. Back neck to waist \_\_\_\_\_
5. High hip \_\_\_\_\_
6. Full hip \_\_\_\_\_
7. Cross shoulder front \_\_\_\_\_
8. Cross shoulder back \_\_\_\_\_
9. Around shoulders, arms down \_\_\_\_\_
10. Around shoulders, arms at 45 degrees \_\_\_\_\_
11. Mid back to wrist, arm at 45 degrees \_\_\_\_\_
12. Back neck width \_\_\_\_\_
13. Neckline depth \_\_\_\_\_
14. Neck circumference (at base of neck) \_\_\_\_\_
15. Armhole depth \_\_\_\_\_
16. Wrist circumference \_\_\_\_\_
17. Lower arm circumference \_\_\_\_\_
18. Upper arm circumference \_\_\_\_\_
19. Front crotch depth \_\_\_\_\_
20. Back crotch depth \_\_\_\_\_
21. Full crotch depth (#19 + #20) \_\_\_\_\_
22. Inseam \_\_\_\_\_