



WORKSHOP SPRING *Forward*

N. 0127

tina givens



Y O U R M e a s u r e m e n t s



MEASUREMENT JOURNAL

Body Shape

BODY LANDMARKS

Review the measurement chart, and refer back here for reference.

BODY CIRCUMFERENCE

- #1 Bust - fullest part of the bust, keep it level
- #2 Waist - 1" or 2.5cm above the navel
- #3 Hip - fullest width of your body around the hip line

FRONT BODICE

- #4 Center Front CF neck - length of base of neck to waist
- #5 CF Shoulder - From base of the neck at shoulder point to the waist, over the bust
- #6 Shoulder - from base of the neck to tip of the shoulder
- #7 Neck, around the base of the neck
- #8 Center Shoulder to Bust - center of the shoulder to the apex of the bust
- #21 Cross Front - Across top above breast line armhole to armhole
- #23 Side From Under Arm to Waist

BACK BODICE

- #9 Center Back CB neck - neck to waist. Find the large bone at the CB of your neck down to the CB Waist
- #10 CB Shoulder - from base of neck to shoulder point to waist
- #20 CROSS Back - From armhole to armhole across upper back

LOWER TORSO

- #11 Hip depth - from CF waist point to the fullest part of the body
- #12 CF Waist to floor - from the CF waist to floor
- #13 CF Waist to Knee - CF waist to center of knee
- #14 Back - lower torso - bust line to waist
- #15 CB Waist to floor - CB at waist to floor
- #25 High Hip at a depth of
- #26 Low Hip at a depth of

ARM

- #16 Upper arm - circumference of your upper arm
- #17 Arm length - shoulder to wrist measured with arm slightly bent.



Body Shape

BODY LANDMARKS

This page is intended to provide you with space to make notes on each measurement.



BODY CIRCUMFERENCE

- #1 Bust - _____
- #2 Waist - _____
- #3 Hip - _____

FRONT BODICE

- #4 Center Front CF neck - _____
- #5 CF Shoulder - _____
- #6 Shoulder - _____
- #7 Neck, _____
- #8 Center Shoulder to Bust - _____
- #21 Cross Front - _____
- #23 Side From Under Arm to Waist _____

BACK BODICE

- #9 Center Back CB neck - _____
- #10 CB Shoulder - _____
- #20 CROSS Back - _____

LOWER TORSO

- #11 Hip depth - _____
- #12 CF Waist to floor - _____
- #13 CF Waist to Knee - _____
- #14 Back - _____
- #15 CB Waist to floor - _____
- #25 High Hip _____
- #26 Low Hip _____

ARM

- #16 Upper arm - _____
- #17 Arm length - _____

Review diagram on Page 6 as reference

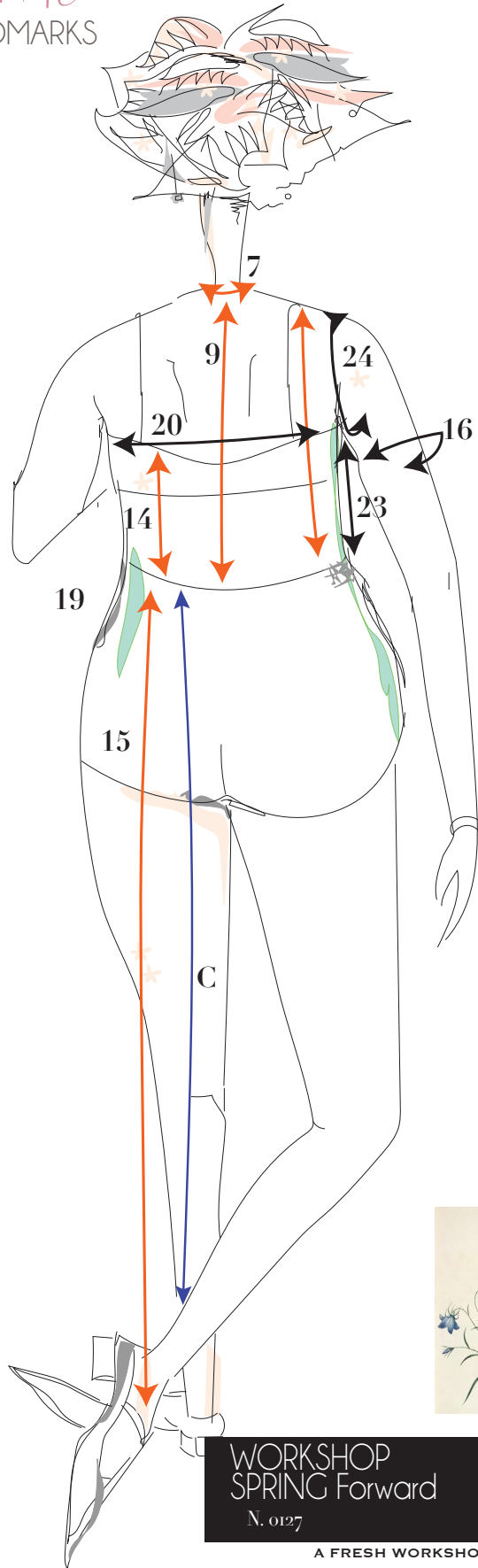
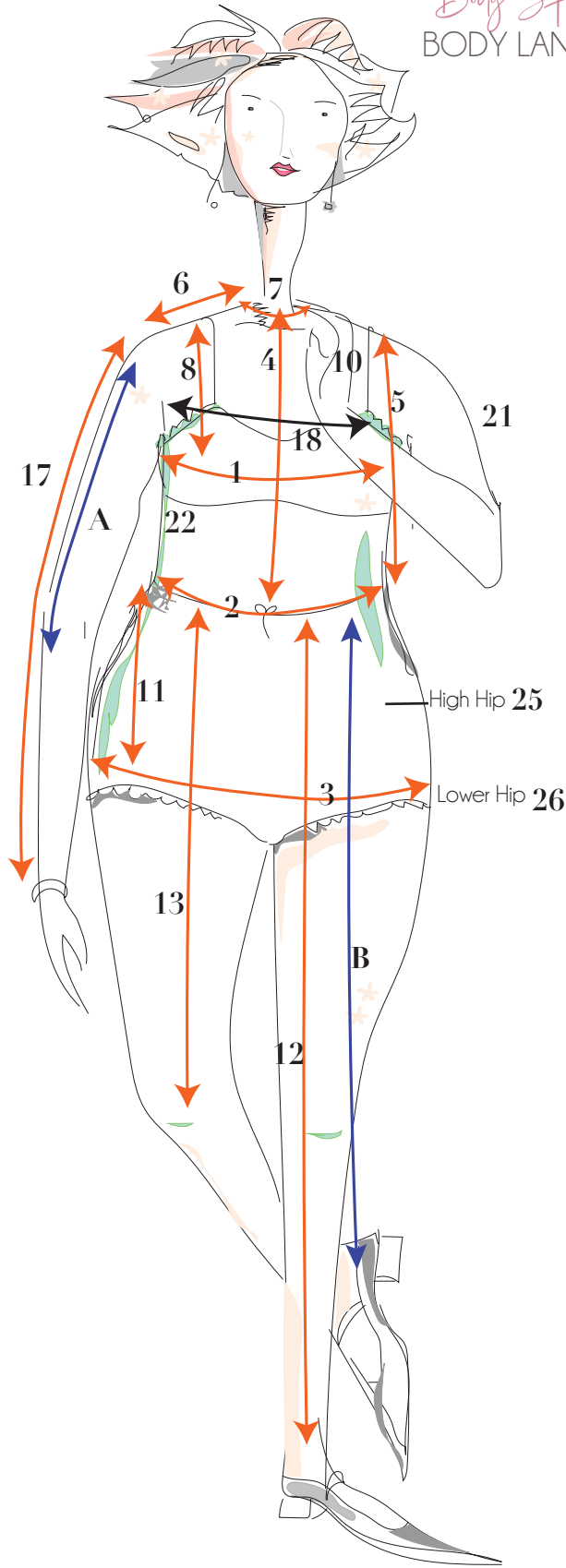
			<i>Sew</i> TINA GIVENS	
			MEASUREMENTS	STANDARD US8/UK12
		DATE		
1	BUST		34-1/4" / 87cm	
2	WAIST		26 3/4" / 68cm	
3	HIP		36 1/4" / 92cm	
4	CENTER FRONT	FRONT LENGTH *	12 1/2" / 32cm	
5	CF SHOULDER		13 1/2" / 34.5cm	
6	SHOULDER	*	3 1/2" / 9cm	
7	NECK	*	14 1/2" / 37cm	
8	CTR SHLDER TO BUST		9" / 23cm	
9	CTR BACK	* BACK LENGTH	15 3/4" / 40cm	
10	CB SHOULDER	* CROSS FRONT	16 1/2" / 42cm	
11	HIP DEPTH		8" / 20.5cm	
12	CF WAIST TO FLOOR		40 1/2" / 103cm	
13	CF WAIST TO KNEE		23" / 58.5cm	
14	BACK LOWER TORSO		9 1/4" / 23cm	
15	CB WAIST TO FLOOR		40 1/2" / 103cm	
16	UPPER ARM		13 1/2" / 34cm	
17	ARM LENGTH		22 1/4" / 56.5cm	
18	FIGURE BREADTH	*BETWEEN BOOBS		
19	FIGURE LENGTH	* FROM NECK BASE TO LOWER HIP	28 1/2" / 72.5cm	
20	CROSS BACK	*	9" / 23cm	
21	CROSS FRONT	*	8" / 20.5cm	

Adjustment Formula

Calculate		MINE	Divided by	/ by	PATTERN MEASUREMENTS	FAVORITE GARMENT MEASUREMENTS	SEAM ALLOWANCE + 1.50 cm or + 5/8"	Difference between Pattern & Preferred measurements
DATE		MINE	Divided by	/ by	PATTERN MEASUREMENTS	FAVORITE GARMENT MEASUREMENTS	SEAM ALLOWANCE + 1.50 cm or + 5/8"	Difference between Pattern & Preferred measurements
A	BUST LINE			/4				
B	WAIST			/4				
C	HIP			/4				
D	NECK WIDTH			/2				
E	UPPER ARM			/2				
F	CROSS FRONT			/2				
G	CROSS BACK			/2				
H	CENTER FRONT							
I	SHOULDER							
J	NECK DEPTH							
K	HIP DEPTH							
L	LENGTH							
M	CF WAIST TO KNEE							
N	SLEEVE LENGTH							
O	ARMHOLE 1							
P	ARMHOLE 2							
Q	ARMHOLE 3							

Body SHAPE

BODY LANDMARKS



WORKSHOP
 SPRING Forward
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A FRESH WORKSHOP
 tina givens