



## Measurement sheet

Our measurements and how they are taken are unique to our drafting process. We highly recommend watching our video tutorial in full before you begin, even if you are a seasoned pro!

Please do not measure your own body. This will produce wildly inaccurate measurements and result in ill-fitting drafted blocks. We highly recommend asking a friend to take your measurements or ask your client to come in to be measured.

Please ensure the model is wearing comfortably fitting underwear (non-padded bra and pants) whilst being measured. Make sure the underwear does not restrict or control the form. Underwear that is too tight around the waist, hips and back can restrict the natural form of the body and therefore give inaccurate measurements.

When measurements are taken, ensure the model is standing with their back straight in a comfortable posture. Make sure both feet are together, and their arms are placed at their side - symmetry of the body is key to taking good measurements. Finally make sure you or your model isn't holding their breath or sucking in their stomach.

First name:

Last name:

Building number/ name

Standard size:

Street:

D.O.B:

City:

Postcode:

1. Neck

14. Back Side Neck Point to Waist

2. Shoulder

15. Waist

3. Chest

16. Top Hip

4. Side Neck Point to Bust

17. Hip

5. Front Side Neck Point to Waist

18. Waist to Hip

6. Bust

19. Waist to Knee

7. Rib Cage

20. Thigh

8. Bust Span

21. Knee

9. Top Arm

22. High Ankle

10. Wrist

23. Ankle

11. Sleeve Length

24. Waist to Floor

12. Armscye Depth

25. Body Rise

13. Back Width

26. Height

Enter your custom measurements in the profile page online at:

<https://patternlab.london/lab/sizes>